

## SAFELY BACKING UP VEHICLES

Backing up a vehicle, whether it is a heavy dump truck or a small automobile, can be a difficult task with a lot of dangers involved. In fact, many accidents occur when vehicles are backing up at only 5 mph, due to blind spots, poor planning and lack of skill.

### Keep Safety in Mind

When you can avoid backing up, do so. Otherwise, follow the below safety tips. If you have any doubts about your safety on the job—regarding driving your vehicle or any other issue—do not hesitate to talk to your supervisor.

Here are the top five things you need to know about safely backing up vehicles:

### 1. Avoid backing

Back in and then drive out going forward when parking in a lot if possible. If you have doubts about what is behind you or if space is too tight, do not back up.

### 2. Walk around

Walk around the entire vehicle looking for hazards and remove them if possible, Ask a spotter to walk around the vehicle and survey the backing area to check for hazards and check your overhead clearance.

### 3. Double honk first

If you are in a blind spot, beep your horn twice or sound your backup alarm before backing. Make use of your rearview mirrors and rear window (if there is one) before and during the process; don't open your door to look behind you.

### 4. Use a spotter

Strongly consider using a spotter. When using a spotter:

- Agree on hand signals that the spotter will use to signal you to back up and stop.
- Spotter should be at least 8 feet away from the vehicle.

### 5. Back slowly

Back up slowly and never hurry through the process. Keep the vehicle in control at all times.

## Discussion

**1. What are some techniques you use to back safely?**

**2. Can anyone share an experience relating to this topic?**

