



SAFETY TALK



Backing Safety



Vehicle backing accidents are completely preventable. Unfortunately, backing accidents are extremely common. Just take a look at the rear bumpers of the PPD cars! More seriously, backing accidents routinely injure and kill workers across the U.S. This Safety Talk will focus on the simple and easy actions you can take to prevent backing accidents

Before Backing Up:

- Get to know a vehicle's blind spots. In a medium-sized truck, blind spots can extend up to 16 feet in front and 160 feet behind a vehicle. Drivers need to remember that mirrors can never give the whole picture while backing up.
- Think in advance. Drivers should not put themselves into unnecessary backing situations.
- Park defensively. Drivers must choose easy-exit parking spaces that don't crowd neighboring vehicles, and park their vehicle in the center of the parking space.
- Back into an alley. If an alley doesn't permit driving all the way through or room to turn around, a driver should back into it (if local ordinances permit) so that when leaving, the vehicle can pull forward into the street.
- ***Do a walk-around. Walking around a vehicle gives a driver firsthand view of the backing area and any limitations. They can check for children, soft or muddy areas, potholes, tire hazards, and other dangers.***
- Every backing situation is new and different. Sometimes a driver visits the same location several times a day and should be watchful each visit for changes and any new obstacles.
- Use a spotter. When available, a driver should use another person to help them when backing. The driver and spotter should use hand signals instead of verbal ones and make sure they understand each other.

**LOOK BEFORE
BACKING**



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The Ten Commandments of Backing

1. Back only when necessary.
2. Back the shortest distance possible.
3. Back in a straight line when possible.
4. Back sight side next.
5. Back blind side only as a last resort.
6. Back as slowly as possible. When in doubt, set brakes, get out, and look!
7. Use 4-ways (hazards) before backing.
8. Monitor both mirrors every 3 to 5 seconds.
9. Check all 6 clearances (front, rear, right side, left side, ground, and overhead), and know your vehicle.



By the numbers:

99% amount of time drivers operate a vehicle moving forward

25% of vehicle accidents occur while backing up

96% of backing fatalities involve children under 5

