



Worksite: _____ Instructor: _____ Date/Time: _____

TOPIC C360: SAFE BACKING FOR DRIVERS

Introduction: Backing up a vehicle is a basic function of driving. Backing up seems like a simple operation that doesn't seem like it would present many hazards, yet drivers frequently cause vehicle and property damage, injuries and even fatalities by performing this task improperly. Use these safe practices when backing up a vehicle or piece of equipment:

- Don't rely solely on your mirrors for guidance, turn around and look where you're going
- If your view to the rear is at all obstructed, before backing up, place the vehicle in park or neutral with the brake set, and get out and look behind the vehicle or equipment to make sure that your path is clear
- When backing out of a residential driveway, walk around the back of your car to enter the vehicle. Every year children are tragically injured and killed because they were playing behind a car where the driver couldn't see them and backed over them
- Equipment or vehicles that have an obstructed view to the rear must have an automatic back-up alarm that can be heard over the usual noise of the work area, or use a spotter to signal that it's safe to back up
- Never assume that others can hear your back-up alarm and will move out of your way when backing a piece of equipment. Make sure that your path is clear and that anyone in the area knows you're going to back up before moving your vehicle
- When acting as a spotter to direct a vehicle or piece of equipment, don't walk backward yourself. Look in the direction you are walking and frequently check to see the position of the vehicle you are guiding. Make sure that the driver can see you at all times. Before directing a vehicle or equipment make sure you and the driver understand the hand signals that you'll be using
- When backing a trailer, have someone guide you. Remember that you steer opposite the direction you want the trailer to move. Using your mirrors to back a trailer can be extremely confusing as objects are backwards in a mirror. If possible, turn around and look where your trailer is going
- Don't attempt to back too close to any object without someone guiding you
- Take into account the extra room needed when backing up a pickup truck or equipment that may have a tailgate, lift gate or trailer hitch
- When backing an aerial device, or piece of equipment with an implement raised, remember to look for overhead obstructions and hazards as well as what is directly behind you
- Keep your speed low when backing any vehicle. Driving in reverse is harder than driving forward and it's much easier to lose control of a vehicle if you're driving too fast in reverse
- Stay out of the path of any vehicle backing up. Never get between a vehicle that's backing up and a fixed or solid object or an excavation; no matter how much clearance you think you have

Conclusion: Always know what's behind you while driving, especially when backing up. Follow these safe practices when backing up a vehicle.

Employee Attendance:(Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.