

The National Safety Council states that one out of four accidents occur because of bad backing up techniques and procedures. The report also states backing-up accidents account for 500 deaths and 1,500 injuries each year. (2014 study)

Jobsites are extremely busy locations that include large numbers of vehicle and equipment traffic mixed with pedestrians and workers. Backing up equipment and vehicles, as stated above, has the potential to be a dangerous activity. Following safe practices decreases the risks.

### **Safe Backing Practices**

- **Visual Inspection:** Take the time to walk around your vehicle and identify potential overhead or underneath hazards.
- **Identify blind spots:** Know the blind spots and other environmental obstructions that are presented when using your mirrors. Always remember to look left and right and out the front when backing up.
- **Plan ahead:** Avoid backing up whenever possible.
- **Spotter:** If you are a spotter, never assume the driver can see you. Always place yourself out of the path of the vehicle and wear high visibility clothing.
- **Identify clearances:** Identify overhead and underneath obstructions (powerlines, trees, trenches)
- **Watch your speed:** Once you have done your walk around, do not delay backing up. Back up slowly to allow potential hazards to move away.
- **Check your mirrors:** Constantly check your mirrors for any approaching obstructions.
- **Look and listen:** While backing up make sure you are looking and listening for any potential hazards.



### **Remember the 3 S's:**

- **SPACE:** You are responsible for maintaining a driving cushion when you are operating a piece of equipment or a vehicle. It is recommended that you stay 4 to 6 seconds behind the vehicle in front of you, and always "leave an out".
- **SPOTTER:** Particularly when maneuvering in tight/low speed conditions, you should use a spotter. Many events happen less than 5mph...If a spotter isn't available, use **GOAL (Get Out And Look)**, and take whatever time you need to be incident free.
- **SEE:** This sounds obvious, but you need to clearly see your intended path of travel. Look out enough to see the big picture in the roadway, keep your eyes moving so you scan your environment, check your mirrors often, and most importantly **NEVER DRIVE DISTRACTED**. Put the phone down.

