



Safe Backing

Monthly Training Topic
NV Transport Inc.
Safety & Loss
Prevention



Introduction

Professional drivers know the daily challenge of avoiding collisions with fixed objects while backing. Awareness and knowledge are required skills to back a vehicle safely.

A driver's ability to see toward the rear of the vehicle is limited, this restriction can be overcome by the use of extra care and caution.

Severe consequences may result from improper/ unsafe backing:

- ***Backing into a fixed object, moving object and/or person***
- ***Backing over a fixed object, moving object and/or person***
- ***Pinning a person***



Introduction

A Backing Collision is Considered Preventable if the Driver:

- ***Backed up when the backing could have been prevented by better route planning.***
- ***Backed into traffic stream when such backing could have been avoided.***
- ***Failed to get out of the cab and check the proposed path of backward travel.***
- ***Depended solely on mirrors when it was practical to look back.***
- ***Failed to sound the horn while backing.***
- ***Failed to check behind the vehicle parked at the curb before attempting to leave a parking space.***
- ***Relied solely on a guide to help with backing up.***
- ***Backed from a blind side when a sight side approach was available.***

Facts & Statistics

According to the National Safety Council, 1 out of 4 vehicle accidents can be attributed to poor backing techniques.

Backing accidents cause 500 deaths and 15,000 injuries per year.

Most backing incidents result in property damage only, however the 10% of liability can be costly.

The use of safe vehicle backing tips by employers and employees can help prevent accidents while on the job.



- *The above facts and statistics are obtained from one or all of the following websites: The AAA Foundation, The Federal Motor Carrier Safety Administration, The National Highway Safety Administration, The National Safety Council*

Before Backing

Ask Yourself Key Questions

- *Do I need to back?*
- *Have I checked for overhead power lines, poles, ladders, awnings, etc?*
- *Are there pot-holes or soft pavement obstacles?*
- *Can other traffic encroach on my lane of travel?*
- *Can anyone potentially walk into my path?*
- *Do I need someone to control or block other traffic?*
- *Will ice, snow, fog, or glare restrict my vision?*
- *How close do I need to get?*
- *Have I secured the trailer doors?*
- *Have I put out cones?*
- *Should this approach and delivery be abandoned?*



Before Backing

Get Out and Look!

G.O.A.L

- ***Nothing can replace the information gained by using your eyes on potential hazards. Walk around your vehicle to get a complete picture of what you are backing into.***
- ***Walk the pavement surface looking for depressions and fixed objects, and be certain pedestrians are a safe distance from your vehicle.***
- ***Look Up! Hazards may come in the form of power lines, awnings, or even building overhangs.***
- ***Check side clearances and adjust your mirrors.***
- ***Signal your intentions by giving your horn a light tap. Use your four way flashers.***
- ***Get to it! After checking, start backing procedures before the picture changes.***

While You Are Backing

Back from the drivers side

- *Minimize the distance you need to back. The less ground you cover in reverse, the less chances you will have striking a fixed object.*

Have patience & don't rush

- *No one ever made up time by backing quickly. Take a deep breath and commit yourself to perfect backing with no compromises.*
- *Slow movement helps you maintain full control of your vehicle and to correctly judge distances.*

Check all sides as you back

- *Remember that there are 6 sides to your vehicle (back, front, both sides, above and below).*
- *Keep your eyes moving to ensure conditions have not changed.*

Use all of your resources and guides

- *Use a spotter if someone is available. Be sure to keep your spotter in sight at all times.*
- *Make sure your mirrors are clean and in good positions to maximize the view around your vehicle – Know your blind spots!*
- *Roll down your window and listen to the environment around you.*

If you are unsure, GOAL

- *If you begin backing and become unsure of your surroundings, get out and look again!*

Safety Tips & Recommendations

Use cones if necessary

- *If available and necessary, place cones in the area you will be backing. This will provide an additional warning to block people/ vehicles from entering that space.*

Installation of rear view camera systems

- *Installation of rearview camera systems can eliminate rear end blind spots and provide drivers with better visual control of the rear of the vehicle. Be aware that these devices may not be foolproof and a driver should not rely 100% on these devices.*

Backing experience

- *Practice your backing skills, especially if you are unfamiliar with the type of vehicle you are operating.*

Driver training

- *Regularly trained drivers have an advantage. Companies can periodically train drivers on backing techniques, hand signals and risks associate with backing.*

You, as the driver, are 100% responsible for safely backing your vehicle

- *A driver should not and can not blame a spotter, the vehicle mirrors, or a rearview camera on his/her backing mistakes. Never rely 100% on anything other than yourself.*

Quiz

1. **True or False?** *One consequence of unsafe backing is striking and pinning a pedestrian.*
2. **True or False?** *A backing collision is considered preventable if the driver failed to get out of the cab and walk around the vehicle.*
3. **True or False?** *A backing collision is considered non-preventable if the driver depended solely on mirrors, but still struck a fixed object.*
4. **True or False?** *Drivers should rush and back up as quickly as possible before the environment changes around them.*
5. **True or False?** *Drivers can use cones as an additional warning device to pedestrians and other vehicle operators.*
6. **True or False?** *Drivers should always look above the vehicle to avoid low hanging objects.*

Quiz

7. Which of the following represents the acronym G.O.A.L

- A. Get Out And Look**
- B. Get Out And Listen**
- C. Go Out And Leave**
- D. Give Out A Lot**
- E. None of the above**

8. A vehicle has how many sides? _____

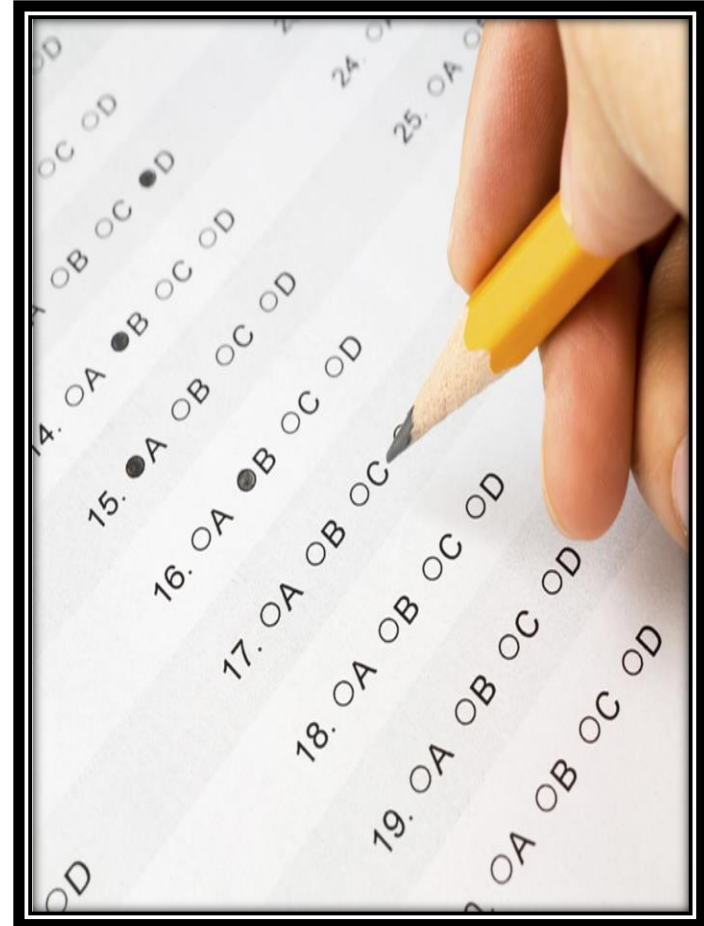
9. Which of the following is not a backing resource/ guide

- A. Your mirrors**
- B. A spotter**
- C. Rolling down your window**
- D. Back up cameras**
- E. Your mobile phone**

10. If you collide with a fixed object, even if you have a spotter to assist you, who is at fault? _____

Quiz Answers

1. **True**
2. **True**
3. **False**
4. **False**
5. **True**
6. **True**
7. **A**
8. **6 Sides**
9. **E**
10. **Your fault, the driver.**



Question or Comments?



Additional Information on Rules and Regulations

This document is intended to be a guide on applicable rules and regulations. Although it may be used as a guide/reference for your training needs, this document is not intended to be used as the standard for FMCSA rules and regulations.

Additional information can be found on the FMCSA website.

The FMCSA website will contain the most accurate and up-to-date information on any and all applicable rules and regulations.

<http://www.fmcsa.dot.gov>

