

**Introduction:** Backing incidents are completely preventable. What does your company policy say about backing vehicles? The first safety rule for backing is to avoid backing at all costs and attempt to position your truck in such a way that backing is not needed. Backing incidents include striking stationary objects, striking employees, or smashing employees between your truck and another object. Always verify your path, overhead obstructions, the location of personnel and move the truck at a slow reverse speed.

## BE SAFE!!!

### BACKING INCIDENTS ARE PREVENTABLE

- Is this job worth killing a coworker?
- Are we in such a hurry that someone must die?
- Backing is **DANGEROUS** because jobsites are loud, dusty, busy and congested.
- **NEVER ASSUME** - always verify before backing!
- Employees may be distracted and may not hear or see your truck or machine while it's backing.
- At night, jobsites can be difficult to see through.
- Truck mirrors get dusty, wet and icy easily and they vibrate and swing out of adjustment.
- Only back if necessary.
- Always use a backer if personnel are available.
- If a backer is not available use the G.O.A.L. method:  
    **G** – Get **O** – Out **A** – And **L** – Look
- The driver and backer must agree on a STOP signal.
- If the driver loses sight of the backer in the mirrors, the driver must stop the truck or machine.
- When backing machines, the backer must stay out from behind the truck or machine.
- Backers must wear reflective gear during daytime and nighttime work.
- The driver must not back faster than walking speed.
- Keep back up alarms and reverse floodlighting in good working order.
- Sound air horns before backing.
- Activate warning lighting if equipped.
- Stop and adjust mirrors often & keep them tightened.
- Clean mirrors and all glass in the vehicle.
- Workers must stay in clear view of drivers.
- At night, provide spotters with a flashlight.



**Keep mirrors adjusted and clean.**

**Don't rely only on your mirror's field of view – verify the path is clear before backing.**

**Someone's life depends on your safe backing habits.**



**KEEP BACKUP ALARMS, WARNING LIGHTS AND REVERSE LIGHTING IN GOOD WORKING ORDER.**



**PROPER LIGHTING, SLOW BACKING AND USING HORNS TO WARN BYSTANDERS IS IMPORTANT ON BUSY, NOISY NIGHT JOBSITES.**

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| <b>DATE OF TRAINING</b>     | <b>INSTRUCTOR NAME</b>      |
| <b>COMPANY NAME</b>         | <b>LOCATION OF TRAINING</b> |
| <b>PARTICIPANT NAMES</b>    |                             |
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| <b>Safety Meeting Notes</b> |                             |

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