



Safe Backing

Backing is one of the most dangerous maneuvers a driver is asked to do. Approximately 15% of all accidents occur while backing. Backing accidents are almost always preventable.

How can we prevent backing accidents?

- Know your clearances! Before starting to back a truck, always make sure there is proper clearance and sufficient room to back safely. If time has elapsed since you began the back, check again. In the time it takes to complete paperwork on enter deliveries in the ELD if equipped, a vehicle or person may have snuck in behind you.
- If any vehicle or person approaches your truck from the rear, allow the vehicle or person to pass before continuing to back your truck.
- Use care in backing against buildings or docks to prevent damage to tailgates or buildings.
- Mirrors can be deceiving and should not be wholly depended upon while backing. When in a tight spot, get out of the cab and look, as necessary.
- Do not depend on others to assist in giving you signal and directions. Spotters can be helpful, but you will be held responsible for backing accidents, regardless of who is directing you.
- Avoid backing out of a blind alley if there is any other feasible way of getting out.
- Avoid backing in intersections or while stopped in traffic. Allow space in front of your vehicle to pull forward and around stopped vehicles.

When in doubt, Get out and look!

The Ten Commandments of Backing

1. Back only when necessary.
2. Back the shortest distance possible.
3. Back 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. Sound horn before backing.
8. Use 4-ways (hazards) before backing.
9. Monitor both mirrors every 3 to 5 seconds.
10. Check all 6 clearances (front, rear, right side, left side, ground and overhead)