

Prevent Backing Incidents

Plan ahead to back up your vehicle safely



Backing up your vehicle is a normal part of driving, but it can be risky for nearby workers and pedestrians. Use these tips to avoid backing incidents and help keep everyone safe:

Implement an internal traffic control plan (ITCP) that is clearly communicated to all

Avoid backing whenever possible

Think – and plan – ahead by parking to allow for a front exit, especially in unfamiliar or congested areas

Use visual reminders of movement and potential hazards

Know your vehicle's blind spots – remember that vans have much larger blind spots than cars

Adjust your mirrors to see blind spot areas on both sides and directly behind the vehicle

Perform a vehicle walkaround to scan for cars and pedestrians

Judge clearances accurately and avoid obstructions, trees and wires

Take it slow and easy – after scanning the area, back up slowly, but as soon as possible before conditions change

Use a back-up spotter whenever one is available

Once in the vehicle, change your body position and turn your head to see as much of the blind spot areas as possible

Get others' attention; tap your horn several times and use four-way flashers to increase visibility

Use driver's side backing vs. blind-side backing

Avoid backing into traffic

Use extra caution around pedestrians

If you have doubts about backing, don't do it



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