

Commercial Vehicle Backing Safety

Handout

Use these safe backing techniques to prevent accidents and injuries.

- Perform a walkaround inspection of your vehicle before backing up, and then return to your vehicle and back up before conditions have a chance to change.
- Get to know your truck's blind spots.
- Don't place too much reliance on your rear mirrors.
- Realize that different backing situations present different challenges and hazards, and make sure you understand the risks and necessary precautions.
- Understand, too, that conditions change, and even though you may be familiar with a location, new hazards and obstacles may have developed since the last time you were there.
- Practice backing in safe surroundings until you become familiar with the way each truck you drive handles while backing up.
- Think before you park or back up, and see if there is a safer alternative to backing.
- Identify clearances on both sides of the truck and above.
- Work with a spotter to help you back up safely.
- Make sure the truck's backup alarm is working properly, turn on flashers, and use the horn as necessary to warn anyone behind you.
- Go very slowly while backing up, and be prepared to stop at the first sign of trouble.
- Be selective about where and how you park your truck so that you can make the safest and easiest exit.