TOP 10 BACKING BEST MANAGEMENT PRACTICES

According to industry and OSHA data, backing represents approximately 25% of all injuries and accidents in the solid waste collection industry. Use these tips to stay safe on the job.

1. **Determine you are fit to drive**
   Make sure that you are mentally and physically prepared to drive, and that you are properly trained to operate the vehicle.

2. **Conduct a thorough pre-trip inspection**
   Take 10 to 15 minutes to check the vehicle for proper operation. Ensure windows and mirrors are clear and are adjusted for maximum visibility. Know where blind spots are located.

3. **Plan ahead and avoid backing whenever possible**
   Do not put yourself into unnecessary backing situations and choose easy-to-exit spaces. If you must back-up, situate the vehicle appropriately so as to make the turn on the driver’s side.

4. **No helpers on the riding step**
   Never back up your vehicle when someone is riding the rear step. Helpers should be in the cab or standing in a location visible to the driver.

5. **Get Out And Look (GOAL)**
   Leave the cab to check what lies between you and your backing destination, and recheck when backing long distances. Measure distances vertically and horizontally and look up for obstacles.

6. **Start backing within a few seconds after check**
   When you must spot for yourself without a guide, return to the vehicle quickly.

7. **Use a guide or spotter**
   Use a reliable, well-trained guide or spotter whenever possible to assist when backing.

8. **Blow the horn**
   Blow the vehicle’s horn before backing to alert everyone in the vicinity when appropriate.

9. **Utilize technology**
   Be sure to use your cameras, 4-way flashers, radar, back-up alarm and any other detection devices, if equipped.

10. **Back slowly and cautiously**
    Use the lowest possible gear or idle speed and do not accelerate. Back slowly. Use all side mirrors to constantly check and visually clear your path.

Visit [SWANA.org/safety](http://SWANA.org/safety) for more backing tips, and additional safety information.