



BECAUSE SAFETY MATTERS

FIVE TO STAY ALIVE

SWANA wants you to go home to your family every day, safely.

For more **#SWANAsafety** info and resources visit **SWANA.org/safety**

Safety Tips for Waste Collection Employees



Always wear PPE, especially high visibility vests and/or outwear



Never use your cell phone or text while driving the truck at a disposal facility



Don't exceed the speed limit and don't rush



Always comply with safety belt rules



Don't ride on the step if the truck is BACKING or going forward faster than 10 mph or farther than 1/5th mile

Following these rules will help keep you safe!

TOP TEN BACKING BEST PRACTICES



Determine you are fit to drive.

Be mentally and physically prepared and properly trained.



Conduct a thorough pre-trip inspection.

Take 10 to 15 minutes to check vehicle.



Plan ahead and avoid backing if possible.

If you must back, turn on driver's side.



No helpers on the riding step.

Helpers should be in cab or visible to driver.



Get Out and Look (GOAL).

Leave the cab to check surroundings.



Start backing within a few seconds after check.

Conditions change quickly.



Use a guide or spotter.

Should be reliable and well-trained and visible to the driver.



Blow the horn.

Thoughtfully alert those around you before backing and have your window down to better hear surroundings.



Utilize technology.

If equipped, use back-up cameras and other resources.



Back slowly and cautiously.

Use the lowest possible gear or idle speed and do not accelerate.