



TOP 10 BACKING BEST MANAGEMENT PRACTICES

BECAUSE SAFETY MATTERS

According to industry and OSHA data, backing represents approximately 25 percent 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, four-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.