



# HOW TO BACK SAFELY

**GOAL (GET OUT AND LOOK)** PRIOR TO BACKING

## REMEMBER

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- ✓ Turn off radios, heaters, air conditioner fans, etc., so you can hear what is going on around you. Roll down your window.
- ✓ Check the area for uneven surfaces, potholes, fixed objects and debris.
- ✓ Make sure your travel-path is clear of all obstructions. Be sure to check along both sides and overhead. Check for awnings, ladders, standpipes, overhead wires, etc.
- ✓ Secure your trailer's swinging doors and keep track of both sides of your vehicle.
- ✓ Always re-position instead of backing poorly.
- ✓ Warn others you are beginning to back by telling them in person or by using your horn, four-way flashers, backup alarm and/or by placing reflective triangles around your truck to alert approaching traffic where appropriate.
- ✓ Don't rely only on your backup camera and monitor; use your mirrors and camera together.
- ✓ Back slowly using the lowest possible gear, or idle speed, and do not accelerate.
- ✓ Be aware of hazards, such as pedestrians or other vehicles, which might move into your backing path. Use a helper to block traffic if necessary.
- ✓ If you must back around a corner, stop, get out and check what is around the corner.
- ✓ When backing a long distance, get out to recheck your path frequently.
- ✓ Use a reliable, well-trained guide (or spotter) whenever possible. Establish the hand signals you will communicate with, especially the "STOP" signal. Always keep the guide in sight. Never let the guide stand between the rear of the trailer and what you are backing to.

## BACKING IS A DEFENSIVE MANEUVER!