



Eye On Safety

Safe Backing Tips

From the Secretary's Office of Safety

- **Know your surroundings:** Walk around your vehicle to ensure there is enough space to back up and confirm there is nothing that you may strike when you are backing.
- **Adjust your mirrors:** There will be blind spots. Adjust your rear-view and side-view mirrors to minimize any blind spots.
- **Get a spotter:** If you have a passenger or someone else available, ask them to be your spotter. A spotter should have full view of the area and can guide you while backing.
 - Before you begin, the driver and spotter should discuss what hand signals will be used.
 - You should always maintain contact with your spotter. If you lose sight of the spotter, stop the vehicle and allow them to get into a position where you can see them.
- **Sound the horn:** If backing is the only option, sound the horn to alert others. This is done even if your vehicle has a backup alarm.
 - A backup alarm is designed to alert others that they are backing. Those who have worked on a construction site know that the sound of a backup alarm is constant. We sound the horn to make sure those around us are aware of our movement.
- **Reverse slowly:** When you shift into reverse, gently accelerate. Back slowly to maintain control of your vehicle, keep contact with your spotter and watch your mirrors. You will need to know which direction to turn the wheel so that you can safely back your vehicle. Back the shortest distance possible. If you are unsure of the space available, set your brake, and get out of your vehicle to assess.