

Vehicle Backing Safety

According to the National Safety Council, one out of four accidents can be attributed to incorrect backing procedures. They also stated that backing accidents are responsible for 500 deaths and 15,000 injuries per year. These statistics prove how important it is to recognize the hazards of backing and train employees on proper backing techniques.

Safe Backing Solutions

Avoid Backing

Choose a pull-through parking spot. If you are unable to pull-through, then back into the parking spot so that when you are leaving you can pull out rather than backing.

Adjust Mirrors

Check the rearview and side mirrors and adjust them so that blind spots are minimal. Do not depend solely on backup cameras as they can cause drivers to lose depth perception when backing.

Use a Spotter

If possible, get someone to stand outside the vehicle, on the driver's side, and assist with backing. Agree with the spotter on hand signals before starting. Remember to always keep the spotter in your mirrors. If you do not see your spotter then stop backing immediately.

Get Out and Look

If a spotter is not available then get out of the vehicle and walk around the vehicle looking for pedestrians, obstructions, and clearances.

Back From the Driver's Side

Backing from the driver's side gives you better control and visibility.

Back Slowly

Backing slowly will allow for more time to stop should any pedestrian exposures or other obstructions appear. Keep looking at your mirrors while you back.

Long Term Solutions

Install Backup Alarms

Backup alarms help pedestrians recognize that a vehicle will be backing up.

Install Rearview Cameras

Rearview cameras help eliminate some of the blind spots. However, blind spots can never be completely eliminated.

Training Programs

Train all employees on the hazards of backing a vehicle and proper backing techniques. Even non-driving employees should be trained to be aware of their surroundings in areas where vehicles could potentially be backing.

If you have any questions or require assistance with your safety program, please contact LWCC Safety Services at 800-227-4969 | safetyrep@lwcc.com.

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