

SAFETY FIRST

BACKING SAFETY



You might back-up a truck or heavy machinery almost every day, but that doesn't mean it's not dangerous. Getting struck by backing vehicles is a leading cause of injuries and deaths for solid waste workers. Follow these tips to keep yourself and others.

NO ONE ON RIDING STEP WHEN BACKING

Never back up when someone is riding on the truck. Helpers should be in the cab or visible to the driver.

AVOID BACKING

Plan your route in advance to avoid backing whenever possible. It's often unnecessary if you plan ahead.

GET OUT AND LOOK (GOAL)

Leave the cab to check the area you're backing through. Start backing within a few moments after checking.

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USE A SPOTTER

Use a reliable, well-trained spotter whenever possible to help when backing. If you lose sight of the spotter, STOP!

BACK SLOWLY

Use the lowest possible gear or idle speed and do not accelerate. Use all side mirrors and cameras to constantly check your path.

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