

# SAFETY MATTERS

## BACKING BASICS

Getting struck by backing trucks and heavy machinery is a leading cause of injuries and deaths for solid waste workers. Always be aware when backing up or around a backing truck, forklift, or landfill equipment. Follow these tips to keep yourself and others safe.

### 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.

### 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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