



**BECAUSE SAFETY MATTERS.**  
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## **TOP 10 BACKING BEST MANAGEMENT PRACTICES**

According to industry and OSHA data, backing represents approximately 25% of all injuries and accidents in the solid waste collection industry. Use these tips to stay safe on the job.

- 1. Determine you are fit to drive**  
Make sure that you are mentally and physically prepared to drive, and that you are properly trained to operate the vehicle.
- 2. Conduct a thorough pre-trip inspection**  
Take 10 to 15 minutes to check the vehicle for proper operation. Ensure windows and mirrors are clear and are adjusted for maximum visibility. Know where blind spots are located.
- 3. Plan ahead and avoid backing whenever possible**  
Do not put yourself into unnecessary backing situations and choose easy-to-exit spaces. If you must back-up, situate the vehicle appropriately so as to make the turn on the driver's side.
- 4. No helpers on the riding step**  
Never back up your vehicle when someone is riding the rear step. Helpers should be in the cab or standing in a location visible to the driver.
- 5. Get Out And Look (GOAL)**  
Leave the cab to check what lies between you and your backing destination, and recheck when backing long distances. Measure distances vertically and horizontally and look up for obstacles.
- 6. Start backing within a few seconds after check**  
When you must spot for yourself without a guide, return to the vehicle quickly.
- 7. Use a guide or spotter**  
Use a reliable, well-trained guide or spotter whenever possible to assist when backing.
- 8. Blow the horn**  
Blow the vehicle's horn before backing to alert everyone in the vicinity when appropriate.
- 9. Utilize technology**  
Be sure to use your cameras, 4-way flashers, radar, back-up alarm and any other detection devices, if equipped.
- 10. Back slowly and cautiously**  
Use the lowest possible gear or idle speed and do not accelerate. Back slowly. Use all side mirrors to constantly check and visually clear your path.

*Visit [SWANA.org/safety](http://SWANA.org/safety) for more backing tips, and additional safety information.*

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