Roughly one out of every four accidents (25%) involves backing. Considering that the average driver operates in reverse less than a mile every year, this statistic is even more alarming.

The following tips will help you avoid collisions while backing:

- Avoid backing whenever possible. Drivers should plan ahead to reduce backing operations in the first place.
- Try to position the vehicle to avoid backing.
- If backing cannot be avoided, it is better to back in upon arrival then to back out later while departing.
- Conduct a visual walk-around of the vehicle to identify potential hazards.
- Whenever available, use a passenger to guide you during backing operations.

- Always back slowly while continuously looking and listening for signs of trouble.
- Continuously check all mirrors while backing.

Following are key collision failures related to backing operations:

- Failure to look before backing
- Failure to check blind spots
- Failure to conduct a walk-around
- Backing at an unsafe speed
- Failure to check mirrors often

All backing accidents are preventable. The key is to plan ahead to avoid backing in the first place. You should only back up your vehicle as a last resort.
Additional Information for Presenters
Review the information provided on the reverse side of this safety tip sheet. Please refrain from reading the information verbatim—paraphrase it instead.

Talking Points:
Motor vehicle accidents are the number one cause of workplace fatalities. According to the National Safety Council Injury Facts 2004, the average cost of a work-related injury caused by a motor vehicle accident is $27,558. This ranks first in cost for all worker injuries.

OSHA Standards That May Apply:
Currently there are no OSHA standards, but a new ANSI (American National Standards Institute) standard is in the works, which OSHA will most likely adopt.

Links:
Minnesota Safety Council
www.mnsafetycouncil.org

National Safety Council
www.nsc.org

Federal Motor Carrier Safety Administration
www.fmcsa.dot.gov

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