

**SAFE WORK PRACTICE**

<b>TITLE</b>	Vehicle Backing Up
<b>GENERAL</b>	Protecting workers from injuries associated with vehicle backing up
<b>APPLICATION</b>	General Guidelines for Backing Up a Vehicle Safely
<b>PROTECTIVE MECHANISMS</b>	Safe job procedures PPE
<b>SELECTION AND USE</b>	As per job requirement
<b>SUPERVISOR RESPONSIBILITY</b>	To facilitate and/or provide proper instruction to their workers on protection requirements and training
<b>WORKER RESPONSIBILITY</b>	<p>General</p> <ul style="list-style-type: none"> <li>- We may have only one reverse gear compared to 3, 4, 6 or even 10 forward gears, but in the workplace that reverse gear causes more incidents, accidents and injuries than all the forward gears combined.</li> <li>- Go forward – don't backup unless you have to</li> <li>- Park so you can leave by driving forward</li> <li>- If you are dumping loads, try to use drive by dumping instead of backing up</li> <li>- If you have to back into a location, position yourself using forward travel so you backup as little as possible</li> </ul> <p>Using a spotter</p> <ul style="list-style-type: none"> <li>- when backing up in a congested area or in shop areas, use a ground spotter to ensure your safety. Follow only the direction of one spotter and stop immediately if you lose site of the spotter.</li> <li>- Before backing up, make sure the ground spotter understands your intentions. When being spotted never depend on a radio system, light blinking or arm waving. None of these are consistent – you must have eye to eye contact with your spotter.</li> </ul> <p>Spotting on Foot</p> <ul style="list-style-type: none"> <li>- if you are asked to be a spotter on foot make sure you are trained in all necessary hand signals and safety precautions</li> <li>- have a good flashlight and wear a high visibility vest</li> <li>- stand in a way that the equipment operator can stop with the cab opposite you, and have eye to eye contact with you</li> <li>- keep a safe distance from heavy equipment while spotting</li> </ul> <p>Be Alert:</p> <p>If you are a pedestrian or operating a vehicle on site, be constantly alert for vehicles or machinery particularly if they are backing up. Remember that operator's vision may be obscured and you may not be seen until it's too late.</p>
<p>* The information presented in this publication is intended for general use and may not apply to every circumstance. It is not a definitive guide to government regulations and does not relieve persons using this publication from their responsibilities under applicable legislation.</p>	