Learn how to properly back up your vehicle
How you can solve one of the top causes of car accidents

According to the National Safety Council, poor backing up techniques cause one out of every four accidents. Most backing accidents occur because drivers fail to exercise caution. They often rely too heavily on vehicle mirrors and ignore blind spots.

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8 Tips on How to Back Up Vehicles Safely – Adventist Risk Management

Posted by Adventist Risk Management, Inc.

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When you cannot avoid backing up, follow these simple tips:

1. **Keep in control.** Back up slowly and never hurry though the process.
2. **Do a walk around.** Check for obstructions, low hanging trees, wires, or any hazards and remove them if necessary. If you are driving a maintenance vehicle or light truck carry a cone and place it behind the rear bumper whenever you park. This simple action can help to avoid others from parking too close to your vehicle and it will remind you to check for obstructions behind the vehicle before you leave your parking space.
3. **Think Smart.** Avoid making “Y” turns in driveways and/or select easy-exit parking spots.
4. **Park Defensively.** Avoid parking too close to a corner, driveway, construction site, or in a place where your vehicle will crowd other vehicles.
5. **Check for blind spots.** Drivers need to remember that a mirror can never give the whole picture while backing. If you are in a blind spot, beep your horn twice before backing.
6. **Use a Spotter.** Maintain contact with your spotter at all times. If you cannot hear and see him/her, do not back up until you can. Agree on hand signals that will be used to signal for you to back up and stop.
7. **Every backing situation is new and different.** Sometimes a driver visits the same location several times a day. Don’t allow yourself to become complacent. Be watchful during each visit for changes and new obstacles.
8. **When parking in an alley.** If an alley doesn’t permit driving all the way through or room to turn around, a driver should back into it (if local ordinances permit) so that when leaving the vehicle can pull forward into the street.

*Remember all backing accidents are preventable. A reduction of backing accidents will help keep your vehicle on the road, out of the repair shop, and working for you.*

References:
The Texas Department of Insurance, Division of Worker’s Compensation (TDI, DWC)
http://www.ctre.iastate.edu