

Drive Forwards

Here's a driving challenge for you - try to get through the day without ever backing up! Backing up can be much more dangerous than going forward. Backing accounts for many minor collisions causing damage to vehicles and cargo, as well as fatal accidents, particularly those involving pedestrians.

If you do have to back up, here are some reminders on doing so safely:

- Walk around your vehicle doing a circle check. Look for obstacles you might strike when you start to move.
- Have a co-driver or co-worker guide you as you back up. The signaler must stand in a safe place in view of the driver and use proper agreed-upon signals.
- Watch in your rear and side view mirrors and over your shoulder as you back up.
- Back up slowly. Cover your brake by keeping your foot above it so you can stop instantly.
- Make use of backup alarms, lights and other signals, required on certain types of vehicles used for construction, utility maintenance and other purposes.
- As a pedestrian or driver, be continually alert for vehicles which may start to back up.
- Backing up a vehicle can put you at risk of an accident causing injury and property damage. Avoid this maneuver whenever possible.