Driving Safely – Backing Up

FACT: According to the National Safety Council, one out of four vehicle accidents can be blamed on poor backing-up techniques. Backing-up accidents cause 500 deaths and 15,000 injuries per year.

There are several techniques to avoid backing into other vehicles, property, or individuals.

- Pay attention to the road. The use of cell phones or other electronic devices distracts drivers and reduces their ability to fully pay attention to the road and their surroundings.

- Know your vehicle's blind spots.

- Walk around your vehicle completely before backing. You may find objects or people located near your vehicle that you would otherwise not have known were there.

- Use a spotter to help guide the driver while the vehicle is in motion. A spotter should use universal hand signals so the communication between the driver and spotter is clear. Visual contact between driver and spotter should be maintained at all times. If visual contact is lost, the driver should stop the vehicle immediately to avoid personal injury to the spotter.

- Install back-up sensors which indicate with a beeping sound when you're approaching an object.

- Install back up cameras on vehicles so the driver can see exactly what's behind the vehicle while it's in reverse.

- The best overall option is to use all of these techniques together.

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