

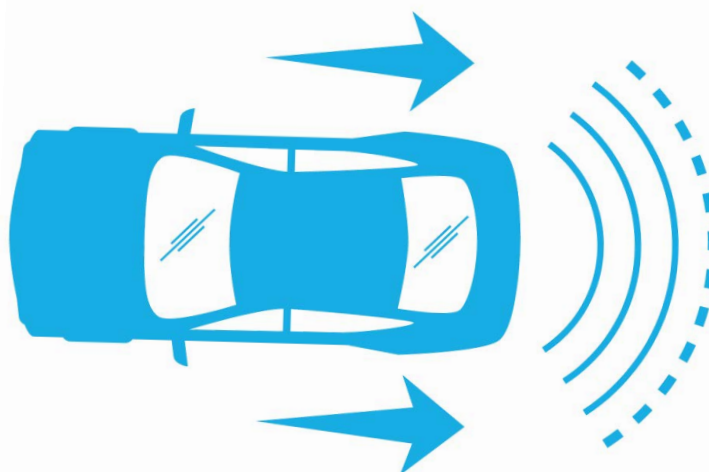
# Preventing Reversing Incidents

Incidents that occur while a vehicle is being operated in reverse are common and costly. This crew talk will help you lead discussions about preventing these incidents and help your drivers develop better backing skills.

On average over the last 16 years, one worker has been killed each year in BC in reversing incident. (WorkSafeBC 2003 - 2018)

Reversing incidents are often caused by a driver who “looked but did not see” something crucial. Blind spots, distractions, rushing, complacency, and fatigue are common contributing factors.

- Apply the Hierarchy of Controls - Reduce the need to reverse
- Learn and use correct backing practices
- Reversing Tips



**BC Forest Safety**

Safety is **good** business

# Preventing Reversing Incidents



## Apply the Hierarchy of Controls - Reduce the need to reverse

- Administrative controls (e.g. safe driving policies) and personal protective equipment don't safeguard employees when a reversing error occurs. A far better approach is to eliminate reversing risks altogether. That means looking for and finding ways to reduce how often vehicles are reversed.

### Try this exercise

- Have drivers keep track of where and how often they reverse their vehicles. In the meeting, discuss their findings and see if the group can identify ways to eliminate some of those reversing events. Can they take advantage of pull-through parking? Can physical barriers be installed to separate people and traffic? If you can't eliminate risks, can you use engineered controls (e.g., convex mirrors, reversing alarms) to reduce risks?

## Learn and use correct backing practices

1. Get out and look. Walk around your vehicle. Check the area for people and vehicles that could enter your reversing path. If you see anything that might pose a risk, find a solution.
2. Eliminate distractions (e.g. turn off the radio) so you can focus on reversing.
3. Look in your rear-view mirror and side mirrors. Use the back-up camera if the vehicle has one.
4. Shift your seating position to look through the rear window. Turn your body, placing your right arm on the back of the passenger seat and your left hand at the top of the steering wheel. Bracing your body this way allows you to turn your head further over your shoulder, giving you a wider field of view.
5. Looking over your right shoulder, plan your route and mentally "rehearse" the plan.
6. Scan all three mirrors again. Looking behind you, begin reversing slowly.
7. Pause often to check mirrors and back-up camera, and the front of your vehicle as it swings around.

## Reversing Tips

- If your vehicle has a back-up sensor, listen to it. Ensure you understand how the beeping frequency relates to the distance between your vehicle and obstacles. However, don't rely solely on these tools because they don't provide the complete picture.
- Take advantage of help if it's available. Ask a spotter to guide you and keep others out of your reversing path. Make sure the driver and spotter both know the procedure, the best location for spotter to stand, and what the hand signals mean.

## Additional resources for your safety meeting:

[Reversing Safely in the Workplace](#) - video; planning for sites and locations

[SafetyFirst Preventing Backing Collisions](#) - PowerPoint presentation

[Correctly adjusting your mirrors](#) - instructions and downloadable graphic

[Ground Guiding and Spotting](#) - video from SafetyDriven

[Backing Up](#) - IHSA information resource



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