

A Safe Workplace

A Workplace Safety and Health Manual for Your Community

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| Section: III-E | Rules Procedures, Practices and Guidelines | Page 1 of 1 |
| | | Approved By: Harvey Bostrom |
| Subject: VLE-7 | Backing Up (vehicles & equipment) | Effective: April 01, 2005 |
| | | Revised: April 1, 2011 |

PPE Required: Steel-toe boots, hard hat, high-visibility vest

Warning: Avoid backing up whenever possible
Always park so your first move is forward

General:

1. All vehicles and equipment with a carrying capacity over one tonne must be equipped with a back up alarm.
2. Use the *Getting On or Off Equipment Procedure* (section III-C, G-1) when leaving or entering truck cab

Steps:

1. Circle check your vehicle by walking around the vehicle to identify possible hazards.
2. Check clearances (front, back, side, and overhead). Visually check for obstructions and overhead electrical power lines. Where possible always turn to the right, this will allow backing towards the driver's side.
3. Sound horn frequently (even if equipped with back up alarm).
4. Back up slowly (never at a speed faster than a brisk walk), If backing up without a spotter, leave and enter cab to check progress as many times as necessary for safe backing up.
5. Use extreme care when backing from the street into or out of a driveway. Never back across two lanes. Back into the adjacent lane only.
6. Use a spotter whenever possible. A flag person may be required to assist access and egress from the construction zone if you lose sight or eye contact. STOP immediately and locate that person before proceeding.