CAJUN

Industries [   ]   Constructors [   ]   Deep Foundations [   ]   Equipment Services [   ]   Maritime [   ]

TRAINING DOCUMENTATION FORM

Course Name: (please print neatly)	Course Description: (please print neatly)
	HR Training - HATBOX
Instructor Name: (please print neatly)	Instructor Signature:
Date: (please print neatly)	
	☐ New Training ☐ Refresher Training

	PRINT NAME	SIGNATURE	CO. / DIV.	JOB #	EXPENSE CODE	EMPLOYEE # or SS#
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						`
23						
24						
25						
26						
27						
28						
29						
30						

Safely Backing Vehicles

There are many hazards involved with backing vehicles. When backing a vehicle, there are too many blind spots or unknown variables for the driver. Often the driver does not know there is something behind them until the moment of impact. "Backing accidents represent more than half of motor vehicle accidents reported by companies with driver fleets." (SMITH SYSTEM) The costs in terms of "inconvenience, injury, and death" are too high to ignore. Practicing the SMITH SYSTEM 5 Keys while backing can help to prevent backing accidents.

Common Causes of Backing Accidents (SMITH SYSTEM):

- Backing Unnecessarily
- Blind Areas
- Vehicle Design
- Infrequent Backing Practice
- Inadequate Mental Preparation for Backing
- Inadequate Information During Backing
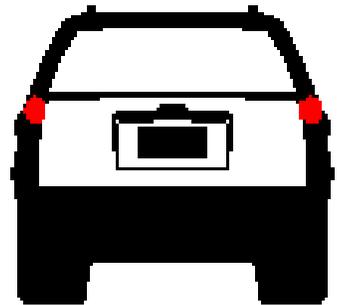
The following are tips from the SMITH SYSTEM "Back to Safety" program utilizing the 5 Keys:

1. **Aim High in Steering. Aim for the safest location**. **The safest location is the one where you don't need to back at all.** Backing is NOT always necessary. Consider, for example, the parking lot with open-end spaces. When entering a parking lot, search for a spot where you won't have to back at all.

2. **Get the Big Picture. If you can't avoid backing, and have arrived at your intended backing site, gather all the information about the area before moving in reverse.** Look for and consider any potentially dangerous objects or people. It is better to back into a space than to back out later when the surroundings have changed. If you are unsure of conditions in blind spots, do a walk around inspection before backing. Another method for avoiding backing collisions is to use a spotter. Make sure your spotter is someone you trust and that you both understand the signals you will use before backing.

3. **Keep Your Eyes Moving. Your eyes give your mind most of the information required to make decisions about driving. Getting the Big Picture is primarily a function of your**

alert eyes and mind. To stay alert when backing, don't let your eyes become inactive. Frequent eye movement activates your peripheral vision and keeps you alert. Scan the entire area as you approach and during backing. Never overlook the possibility of an unknown or forgotten object that your front quarter can hit as you turn your vehicle during backing. Move your vehicle slowly while moving your eyes rapidly. This will give you time to make decisions and take actions.

4. **Leave Yourself an Out. Cushion yourself against conflicts by building a space cushion around your vehicle.** It keeps you at a maximum possible distance from other objects. A space cushion can keep you out of trouble, giving you a way out from the hazards, mistakes and variables that often exist when backing. Find a parking spot with the fewest potential hazards. Make sure your space cushion keeps you a safe distance from any hazards you might collide with. Back no further than you need to.

5. **Make Sure They See You.** If other people have even the slightest potential for entering your path, get their attention. If they remain unaware of your presence or fail to heed your warnings, stop until it is safe to continue. Make eye contact with pedestrians or other drivers to make sure they see you. Sometimes pedestrians or other drivers may be distracted and not notice you. You will need to get their attention. Give your horn a light, friendly tap to alert pedestrians or other drivers that you are backing. Use hand signals and turn signals to communicate your intentions. Use your brakes! If your warnings are not heeded, just stop and wait until the way is clear.

DRIVER SAFETY TIP: Be Cautious and Courteous When Backing into a Parking Spot
Obstructing the pedestrian sidewalk is a common error made by drivers when backing into a parking spot. Drivers sometimes create a hazard for pedestrians by backing up too far, which causes the back of the vehicle or the trailer hitch to obstruct the walking path. This can cause a tripping hazard for pedestrians, or a very serious bruising injury. Use caution when backing into a parking space. Back only as far as necessary to avoid creating these hazards.

Course Name: (please print neatly)	Course Description:
Safely Backing Vehicles HB.012	**HATbox**
Instructor Name: (please print neatly)	Instructor Signature:
Employee Name: (please print neatly)	Employee/Student Signature:
S.S. or Employee #: (please print neatly)	Job #: Score: Date:

Safely Backing Vehicles HATBOX

Quiz

1. ___ True ___ False   A driver backing a vehicle should not worry about objects or pedestrians behind them.

2. ___ True ___ False   Backing unnecessarily is one of the most common causes of backing accidents.

3. ___ True ___ False   When entering a parking lot you should search for a spot where you won't have to back up at all.

4. ___ True ___ False   You should let your eyes fix on an object while backing and avoid moving your eyes to scan your surroundings.

5. ___ True ___ False   When you make eye contact with pedestrians or other drivers, it is safe to assume that they are paying attention to you.

6. ___ True ___ False   If you are unsure of possible hazards in your blind spots, you should do a walk around inspection of your vehicle before backing.

7. ___ True ___ False   Move slowly when backing while keeping your eyes moving.

8. ___ True ___ False   Anyone can spot you while you are backing your vehicle.

9. ___ True ___ False   A space cushion can keep you out of trouble and help you avoid a backing accident.

10. ___ True ___ False   Backing your vehicle too far compromises your space cushion and can create a hazard for pedestrians if your vehicle extends into a walkway.

Safely Backing Vehicles HATBOX

ANSWER KEY

1. ___ True **■** False   A driver backing a vehicle should not worry about objects or pedestrians behind them.

2. **■** True ___ False   Backing unnecessarily is one of the most common causes of backing accidents.

3. **■** True ___ False   When entering a parking lot you should search for a spot where you won't have to back up at all.

4. ___ True **■** False   You should let your eyes fix on an object while backing and avoid moving your eyes to scan your surroundings.

5. ___ True **■** False   When you make eye contact with pedestrians or other drivers, it is safe to assume that they are paying attention to you.

6. **■** True ___ False   If you are unsure of possible hazards in your blind spots, you should do a walk around inspection of your vehicle before backing.

7. **■** True ___ False   Move slowly when backing while keeping your eyes moving.

8. ___ True **■** False   Anyone can be your spotter while you are backing your vehicle.

9. **■** True ___ False   A space cushion can keep you out of trouble and help you avoid a backing accident.

10. **■** True ___ False   Backing your vehicle too far compromises your space cushion and can create a hazard for pedestrians if your vehicle extends into a walkway.