

TIP SHEET

A series of health and safety tips to prevent work-related injuries in the trucking industry



TIPS TO LIVE BY

- ❑ Never back up if you don't know what is behind you.
- ❑ Get out of your cab and do a walk-around to look for pedestrians and any hazards. Look under your truck too.
- ❑ Use hazard lights and sound horn before backing up.
- ❑ Use all mirrors to scan entire area around vehicle. Consider installing backup cameras with a cab monitor.
- ❑ Use a spotter and hand signals. Make sure spotter is wearing high-visibility clothing and is located away from traffic and other hazards.
- ❑ If you must spot for yourself, wear high-visibility clothing and walk cautiously around your truck.
- ❑ Maintain lighting at the loading dock and terminal yard.
- ❑ Consider providing LED headlamps to all employees who work outside after dusk or before dawn.

Got a Backup Plan?



Blind spots can be deadly.

Backing up a trailer is a task that truck drivers do so often that it may feel like a force of habit. But a laid back attitude can lead to inattention that can cause serious and fatal injuries from backing into co-workers, customers, and other pedestrians. It can also result in costly damages from smashing other vehicles and property. No matter your skill level and familiarity with a worksite, staying alert and taking time to inspect blind spots and backup zones can save lives, equipment, freight, and money. Here are a few common tips to help you back up safely.



Washington State Department of
Labor & Industries

TIRES is a project of the Safety & Health Assessment & Research for Prevention (SHARP) program of the Washington State Department of Labor & Industries. TIRES is supported in part by CDC/NIOSH grant# U60 OH008487. For more information and free training resources visit

KeepTruckingSafe.org

SHARP Report No.: 90-132-2020