

# Backing up safely every time

## Did you know that 25% of all vehicle collisions happen while backing up?

In 2023 alone, backing accidents caused over 200 deaths and more than 7,000 injuries, according to the National Highway Traffic Safety Administration. Despite modern rear-view cameras and sensors, these accidents haven't decreased—they still account for a quarter of all crashes, based on data from the National Safety Council.

The best way to prevent collisions is to avoid situations where backing is required. When backing up is unavoidable, follow these safety tips:

- **Walk around your vehicle** to check for hazards before moving
- **Keep your spotter in view:** Have them use hand signals instead of verbal cues; If you lose sight of them, stop immediately
- **Know your blind spots:** Don't rely only on mirrors—blind spots can extend up to 16 feet in front and 160 feet behind your vehicle
- **Back up slowly** while looking and listening for signs of trouble
- **Honk your horn** to alert others of your movement
- **Aim to back up straight**, avoiding curves when possible
- **Position your vehicle** so you back out of traffic, not into it
- **Ensure the area is clear** of people and vehicles before moving
- **Use extra caution in poor weather conditions**, like rain or snow

By staying alert and following these steps, you can reduce the risk of backing collisions and keep everyone safer on the road.

