

Backing or Reversing a vehicle

A leading cause of collisions when leaving a driveway or parking lot, is backing up, here are some guidelines to follow:

1. Make sure your vehicle is clear at the rear.
2. Look all around your vehicle for other vehicles and pedestrians, shopping carts etc. *If you have to, use your horn before you start to move back.
3. Get assistance (use a ground guide/spotter) where possible if you are unsure, when backing up.
4. Back immediately, but carefully -- *never trust the scene you checked to stay the same.*
5. Back slowly and look over your shoulders to where you're backing.

Note: Reverse gear is the lowest gear and on a flat level surface usually a vehicle will move without gas or very little gas, if so, cover the brake with your foot, that way if you have to stop quickly, your foot is over the brake.

6. As you reverse, check both rear view and side mirrors
7. Don't ever back further than necessary.
8. Always park by driving through a parking space if possible or reverse into a parking space /driveway. So the first move in the vehicle is **forward**.

- Before entering the vehicle, check to make sure the path to the rear and sides is clear; (Circle Check) children and objects are often difficult to see from the driver's seat.

*You will need good coordination when reversing because your HANDS are turning the wheel, your FOOT is either covering the brake or softly touching the gas pedal and your HEAD (eyes) is looking back and around your vehicle, all at the same time.

Your hands may be steering *fast* (hand-over-hand) while your right foot is braking *slowly*.

- Keep your foot firmly on the brake pedal while shifting to reverse? Reverse gear is the lowest gear and therefore your vehicle will move faster (on a flat surface) so controlled brake is required.
- Maintain control by moving the vehicle slowly and being prepared to stop quickly (but smoothly) by covering the brake. Your vehicle is much harder to control and stop when backing.
- Check traffic conditions in all directions – and check all blind areas carefully.
- Look in the direction you are moving but never concentrate on any one thing to such a degree that you neglect your surroundings.
- Since you cannot see objects close to the rear or sides when looking out the window, use front and rear windows and inside and outside mirrors. Also, check to the front to determine whether the front of the vehicle is tracking in the direction you want it to go.
- When moving backward, the rear of the vehicle turns in the direction you turn the steering wheel. If you become confused or disoriented while backing, stop and begin again, better yet, get help from using a guide, your co-driver (spotter) to assist.