## Practical Backing

Backing incidents account for over of 40% of reportable vehicle incidents for most fleets. Practical Backing addresses the issues of unsafe backing by teaching candidates the finer points of backing, thus reducing backing incidents.

The Practical Backing course is designed to be delivered to groups of no more than 3 participants on a closed training area. This is a competency based course with a maximum duration of 4 hours.

With a blend of theory and practical learning, this course focuses on safe backing strategies aimed at reducing the risks associated to backing.

You will learn practical backing skills in a variety of situations along with:

- Proper mirror adjustments
- Use of Convex mirrors
- Sight side and blind side backing in a straight vehicle
- Pivot points and front end sweeps
- Using a guide in backing
- Backing using mirrors
- How to position the vehicle prior to starting in reverse
- Backing through turns
- Backing through close quarters
- Close quarter manoeuvring in forward motion
- Backing into narrow spaces
- Backing through offset lanes
- Backing into right angle areas and loading docks
- Vehicle dynamics while backing
- Using visual reference points
- Using no visual reference points
- Performing site surveys prior to backing
- Learning vehicle size

Practical backing courses can be conducted on site as required. We strongly recommend that employees use the vehicles they normally drive during their daily routine.