

**BECAUSE SAFETY MATTERS.**

**5 to Stay Alive**



## **Safety Tips for Waste Collection Employees**

1. Always wear PPE, especially high visibility vests and/or outerwear.
2. Never use your cell phone or text while driving the truck or at a disposal facility.
3. Don't ride on the step if the truck is BACKING or going forward more than 10 mph or 1/5th mile ( $\approx 16$  kph or 0.3 km)\*.
4. Always comply with safety belt rules.
5. Don't exceed the speed limit and don't rush.

*\*Refer to ANSI Z245.1, Mobile Wastes and Recyclable Materials Collection, Transportation, and Compaction Equipment for additional safety requirements.*

**SWANA wants you to go home to your family every day.**

**[SWANA.org/SAFETY](http://SWANA.org/SAFETY)**

# Top 10 Backing Best Practices

## 1. Determine you are fit to drive

Be mentally and physically prepared and properly trained

## 2. Conduct a thorough pre-trip inspection

Take 10 to 15 minutes to check vehicle

## 3. Plan ahead and avoid backing if possible

If you must back, turn on driver's side

## 4. No helpers on the riding step

Helpers should be in cab or visible to driver

## 5. Get Out and Look (GOAL)

Leave the cab to check surroundings

## 6. Start backing within a few seconds after check

Conditions change quickly

## 7. Use a guide or spotter

Should be reliable and well-trained and visible to the driver

## 8. Blow the horn

Thoughtfully alert those around you before backing and have your window down to better hear surroundings

## 9. Utilize technology

If equipped, use back-up cameras and other resources

## 10. Back slowly and cautiously

Use the lowest possible gear or idle speed and do not accelerate

