



Backing Up Safely

What this Safety Talk Covers:

The “Dos” and “Don’ts” for backing up safely on worksites and in the oilfield.

Discussion Notes:

Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- ✓ Use a spotter whenever possible. Blind spots are everywhere, and could include equipment, vehicles, storage tanks or piping that you may not be able to see. A spotter can help navigate these hazards safely.
 - ✓ Perform a walk-around before backing. Take a moment to inspect the area for obstructions like hoses, tools, rig mats or personnel. Conditions change quickly in the oilfield, and an area that was clear earlier may not be now.
 - ✓ Use mirrors and backup cameras. Many oilfield trucks are equipped with additional safety features—use them.
 - ✓ Communicate with other workers. Use hand signals, two-way radios or other agreed-upon methods to ensure everyone in the area knows your intent before backing up. Unexpected movements can be deadly in high-traffic areas.
 - ✓ Check for soft or uneven ground. The oilfield and worksites often have unstable surfaces, like mud, gravel or ice. Backing up on soft ground can cause vehicles to sink or shift unexpectedly.
 - ✓ Park in a way that allows for pull-through exits whenever possible. This will minimize the need for backing up.
- Don’t**
- ✗ Assume the path is clear. Just because an area was clear a few minutes ago doesn’t mean it still is. Always double-check before moving.
 - ✗ Back up at high speeds. Move slowly for more control.
 - ✗ Rely solely on horns or alarms. While backup alarms help, they can blend into the constant noise of an active oilfield. Always ensure visual confirmation before proceeding.
 - ✗ Get complacent in familiar areas. Always check for new hazards in the area.
 - ✗ Assume others see you. Workers may be distracted or unable to see you. Confirm their awareness before backing up.
 - ✗ Ignore weather conditions. Adjust your approach to backing up based on visibility and stability.



TXOGA Safety Talks are provided for the benefit of Texas Oil & Gas Association members participating in the TXOGA Workers' Comp. Safety Group with Texas Mutual Insurance Company.



TEXAS OIL & GAS ASSOCIATION SAFETY TALKS

an initiative of the **TXOGA** Workers' Compensation Safety Group

Employee Quiz Topic: Backing Up Safely

Employee Name: _____

Circle the correct answer below.

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| <ol style="list-style-type: none">1. What is the best practice before backing up on worksites and in the oilfield?<ol style="list-style-type: none">a. Honk your horn and assume the path is clearb. Perform a walk-around to check for hazardsc. Rely solely on backup cameras for guidanced. Back up quickly to minimize time in reverse2. Why should you use a spotter?<ol style="list-style-type: none">a. A spotter can help navigate blind spots and unexpected obstaclesb. It's required for all vehicle movementc. Spotters are only necessary in bad weatherd. All of the above | <ol style="list-style-type: none">3. Which of the following is NOT a reliable backup safety measure?<ol style="list-style-type: none">a. Checking mirrorsb. Communicating with co-workersc. Assuming everyone hears your backup alarmd. Using a spotter whenever possible4. How can you minimize the need for backing up?<ol style="list-style-type: none">a. Park near equipment to shorten walking distanceb. Use pull-through parking whenever possiblec. Only back up when in a hurryd. Park in the first available spot without considering future movement5. Even if you've backed into the same spot many times before, you should still check your surroundings.<ol style="list-style-type: none">a. Trueb. False |
|---|--|

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____