



# FACT SHEET

## Module 2.2

## Backing

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### Backing Procedures

Steering when backing requires knowing where to look and how to control direction and speed  
All backing is done at low (walking) speeds

**Restraints Adjustment**—Head restraint may need to be lowered or readjusted. Seat belt may need to be loosened by moving buckle to straight position and pulling belt strap for adjustment.

**Traffic Check and View Target Area**—Area must be free of pedestrian and vehicle movement.

**Foot on Brake**—In some cases the right foot may be used to keep balance while the left foot is used to operate the brake pedal. Brake pressure adjustment will be used to move car.

**Gear Selector to Reverse**—Place gear selector lever from Park (P) or Neutral (N) to Reverse (R). Both gears are found on either side of Reverse (R). One of the reasons to start vehicle in Neutral (N) is to be able to shift to an appropriate gear without going across Reverse (R).

**Proper Signal**—Question students about appropriate signal when backing up, as many will not think about or know that the white backup lights are a signal. Often drivers use the turn signal inappropriately when backing out of a parking space. Backup lights are the appropriate signal, more visible to the rear than a red turn signal; they come on automatically when the gear selector is moved to the R position.

**Release Parking Brake**—It is appropriate to release the parking brake when fully prepared to move.

**Readjust Seat Position**—After turning to release brake, the seat position for good view of target area is often lost. Reestablish target and recheck pedestrians and vehicle movements.

**Visually Target Position/Maintain Reference Points**—Look to target area and visual turn point while maintaining lane position. This can only be done by looking at least three car lengths to the rear, since two lengths are not visible (obstructed by the trunk).

**Control Rear Movements**—initially, try to go backward as slowly as possible, using the brake to control speed of vehicle. This is one of the more difficult tasks for novice drivers to accomplish. Most drivers move to the accelerator too soon when backing a vehicle. Vehicles are geared to move without the accelerator in reverse. Go from controlled brake, to brake cover, to controlled brake, and then to light acceleration.

**Steer to Lane Using Reference Area**—Use references to the rear to establish car alignment, just as to the front. The vehicle can be placed in any lane position when targeting using the sightlines and path of travel. When stopped, the left side rear view convex mirror will give the driver a good view of the vehicle's distance from the curb. Refrain from opening the passenger side door, since the driver cannot see over the seat or passenger to the curbline.