



Commercial Transport Truck Operator
TRAINING GUIDE
Backing



APRIL 2024

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As a national, non-profit organization, Trucking HR Canada (THRC) advances modern HR solutions for the trucking and logistics workforce. One of our strategic priorities is to make a company's job easier by delivering a comprehensive collection of up-to-date guides, reports, templates and more to support effective human resources management and recruitment and retention efforts.

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BACKGROUND

Trucking HR Canada (THRC) publishes a National Occupational Standard for Commercial Transport Truck Operators (NOS-O). The NOS-O defines the knowledge, skills, and abilities ("competencies") required for this occupation.

This document is a supplemental resource to the NOS-O. For the full suite of supplemental resources visit **truckinghr.com**.

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PURPOSE OF THIS GUIDE

The purpose of this training guide is to provide a standard approach to instructing **backing techniques** to commercial transport truck operators based on the competencies of the **National Occupational Standard for Commercial Transport Truck Operator (NOS-O)**.

WHO CAN USE THIS GUIDE

This guide is designed to be used by instructors, trainers, mentors, and coaches to teach commercial transport truck operators at companies or at training facilities.

HOW TO USE THIS GUIDE

Use this guide during entry-level training and occupational-level training.

It lists the sub-tasks of backing with a focus on the correct order of sub-tasks and consistent identification of errors. The sub-tasks listed are consistent with what an operator's required to know to obtain a commercial driver's licence in many jurisdictions.

LIMITATIONS OF THIS GUIDE

As vehicles and operational settings are different, you may need to make some alterations or additions to the sub-tasks listed in this document. Use this guide as a base and add or alter it as appropriate for your circumstances. If changes are made, you and/or your team may wish to review the NOS-O to ensure it continues to align with your updated version.

If you have questions or are interested in more information, contact info@truckinghr.com



BEFORE TRAINING BEGINS

Review the training record of your trainee(s) before the lesson to ensure your training will meet their needs.

You can demonstrate and teach the skills in this guide in any off-road location that has adequate space and is reasonably free of distractions and hazards. A hard surface is preferred but not required.

Trainers and trainees need to wear clothing and footwear that is suitable for outdoor work and for weather conditions typical of the season. High visibility clothing or a safety vest over their clothing is also necessary to increase their visibility.

TRAINING METHODS

Your goal is to help the learner develop effective, competent, and safe driving behaviours.

Instruction and feedback must be constructive and consistent.

During training, provide regular guidance and calmly deliver short messages. Don't distract, confuse, intimidate, or frustrate the trainee. Stop the task if necessary to provide more extensive feedback or instruction. Stop the lesson if the trainee needs to calm down or take a break. Resume the task when the trainee is ready.

Emphasize the importance of the term **“GOAL” (Get Out And Look)** for all types of backing. Instruct learners to take the necessary time to be careful and avoid rushing, as well as repeatedly getting out and looking (GOAL) as often as necessary to be absolutely certain about vehicle position and potential obstructions.

DEMONSTRATING THE TASKS

You may need to demonstrate a task, especially during entry-level training.



Elements to consider for demonstrations:

- The number of trainees that can reasonably and safely participate.
- Location in a yard with enough space for a tractor and trailer and one or more trainees.
- Location for trainees to stand where they can see and hear you during the demonstration.

Fully engage with the trainees and ensure that they understand all the steps being demonstrated.

BACKING TASK

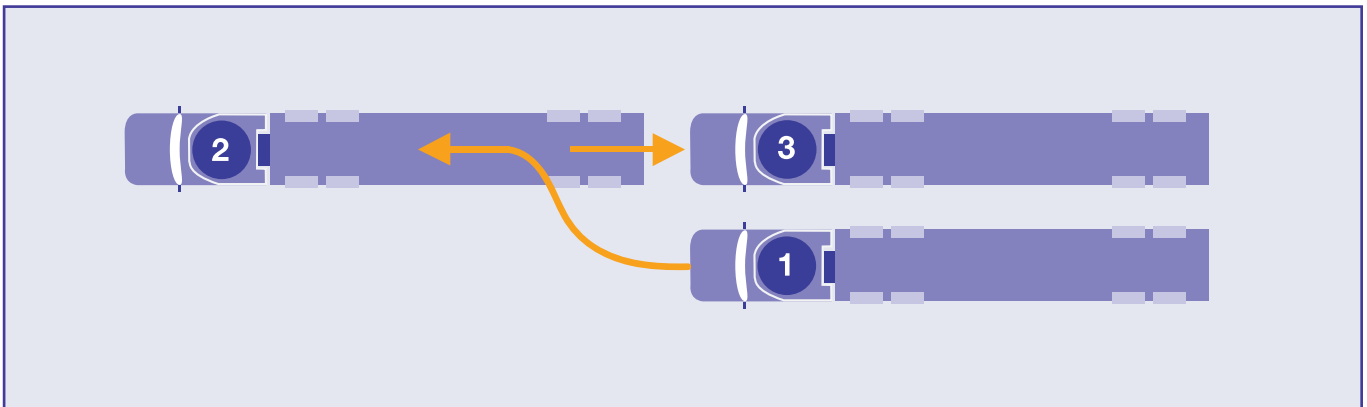
The table below is organized to indicate sub-tasks, correct performance, and errors that require correction because they could result in risky procedures or unsafe conditions; these would be scored as errors on a road test scoresheet in many jurisdictions.

Task - Backing

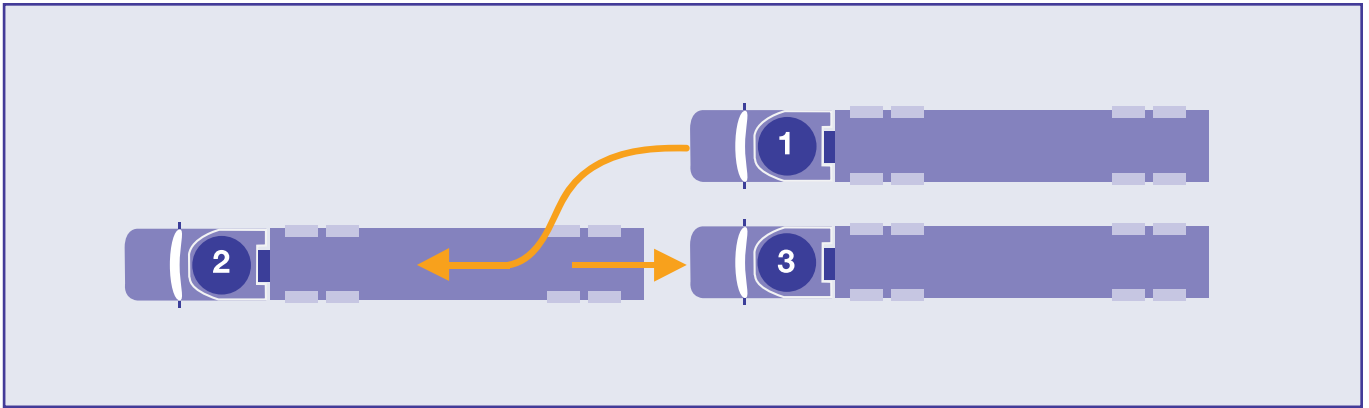
SUB-TASK	CORRECT	ERRORS
1. Start Position	Position your truck in the best location to start the backing maneuver.	Fail to get into proper starting position.
2. Mirror Check	Check your mirror set up.	Fail to check or properly set mirrors.
3. Space Check	Exit the vehicle and check the path for obstructions, clearance, and hazards. Silence your audio systems, radio, etc.	Fail to: <ul style="list-style-type: none">• get out before backing.• notice an obstruction or hazard.
4. Attention	Silence your audio systems, radio, etc. Open at least your driver side window or both side windows so you can look and listen.	Fail to: <ul style="list-style-type: none">• turn off audio system.• open one or more windows.
5. Warn	Activate your hazard warning lamps and sound the horn.	Fail to: <ul style="list-style-type: none">• activate hazard warning lamps.• sound horn.

SUB-TASK	CORRECT	ERRORS
6. Speed	Reverse at a walking pace.	Reverse too quickly.
7. Pull-up	Pull forward if you need to align during the maneuver. Exit your vehicle and re-check the path as often as necessary.	Fail to: <ul style="list-style-type: none"> pull forward when necessary. recheck the vehicle path when necessary.
8. Encroachment	Stay within the boundaries of the space.	Encroach on marked boundary or contact an obstruction.
9. Final Position	Stop within 1 m of the rear boundary.	Stop too far away or too close to rear boundary.
10. Time	Complete the backing maneuver in reasonable time.	Unable to complete backing maneuver in reasonable time.

OFFSET BACKING – Tractor -Trailer

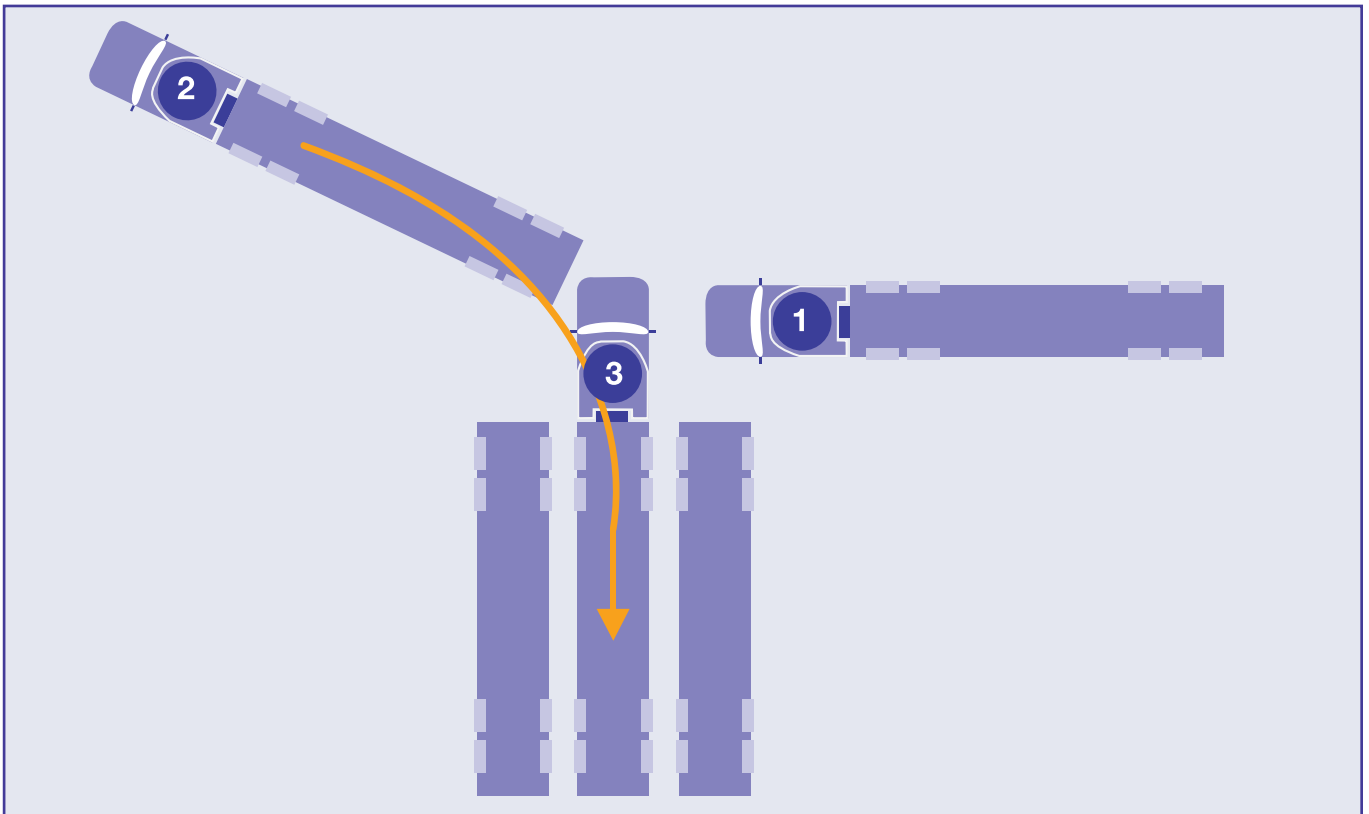


MANEUVER	BLOCK	ITEM
Offset backing to the left.	29	21



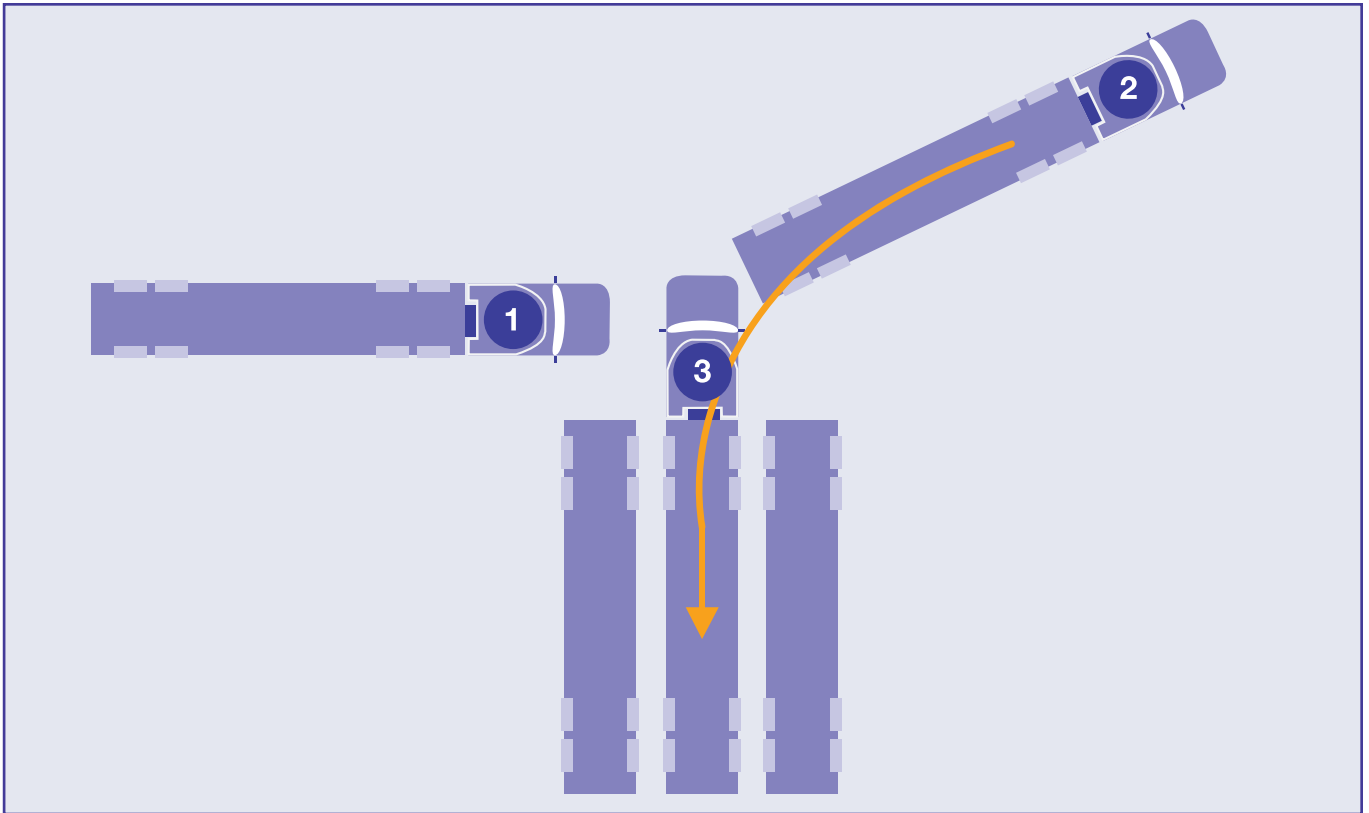
MANEUVER	BLOCK	ITEM
Offset backing to the right.	29	22

ALLEY DOCK BACKING – Tractor -Trailer



MANEUVER	BLOCK	ITEM
Alley dock backing from the left.	29	25





MANEUVER	BLOCK	ITEM
Alley dock backing from the right.	29	26





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