

1. Check your surroundings: Before starting to reverse, check your surroundings for potential hazards such as pedestrians, other vehicles or obstacles. Use your glasses and look over your shoulder to ensure you have a clear view.
2. Use your signals: Use your turn signals to indicate your intention to turn, and make sure they work properly. This will alert other drivers and riders of your intentions.
3. Start slowly: Start slow when reversing and gradually increase your speed as you feel more comfortable. This will give you more time to react to unexpected obstacles.
4. Use your mirrors: Your mirrors are your best tool for seeing what's behind you, so adjust them as needed to use them often. Be aware of blind spots before changing lanes or making turns.
5. Use a spotter: If possible, ask someone to act as a spotter to guide you during the reversal. This can be

especially useful in tight spaces or when backing up long distances.

6. Avoid distractions: Avoid distractions like using your phone, adjusting the radio or talking to passengers while reversing. Stay focused on the task at hand.

7. Practice Regularly: Reversing a vehicle can be practiced to become easy and reliable. Take time to practice in a safe, open area until you feel confident in your abilities.