

Be Car Ready Feet Steady

Don't fall getting in or out of your car. Follow these steps to stay on your feet.



GETTING IN

Backside in first. Stand with your back to the car and lower yourself carefully so you don't hit your head. Hold on for balance.

Rotate and slide in your feet. If you have weaker legs, you may need to lift in your feet.

GETTING OUT

Don't rush. Rotate and slide feet out. Check that your seat belt is clear of your arm and your head is clear of the doorway.

Plant your feet for balance with your feet shoulder width apart.

Raise yourself up. If you are grabbing onto an object to help get yourself out of the car, make sure it is not going to move.

ALWAYS REMEMBER

Look for hazards before you move.

Take notice of icy, wet or uneven surfaces that could cause you to trip.

Make room to move. Move your seat and tilt the steering wheel to give yourself more room. Make sure your arm is not tangled in the seatbelt.



Hold on. If you are more comfortable getting in or out front side first, keep your balance by having three of your four limbs in contact with the car or ground.

MORE INFORMATION

Driver safety:

www.aota.org/older_driver

Is your car fit for you?

www.car-fit.org

Special thanks to Donna Stressel, Sunnyview Rehabilitation Hospital, Schenectady, NY, for sharing her expertise to craft the graphics and messaging for this card.

