

## 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.

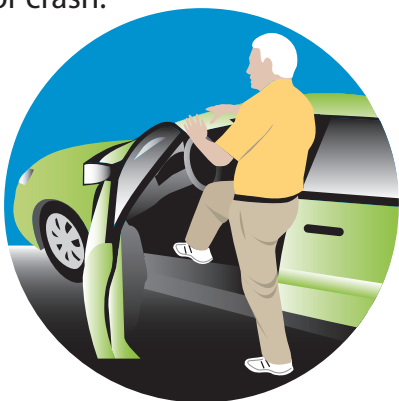
## **ALWAYS REMEMBER**

### **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.

**Secure walkers, canes and similar items** because they can become airborne and cause injury during a sudden stop or crash.



**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](http://www.aota.org/older_driver)

### **Is your car fit for you?**

[www.car-fit.org](http://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.*



**Department  
of Health**