Preparation for stairs:
• Know your limits and your strength.
• Make sure the area is well lit and clear of obstacles.
• Be aware of the height of the stair and depth of the step.
• Find out if one or both handrails are available
• Wear sturdy shoes if possible.
• Keep hands empty of unnecessary items.

Technique:
• Take your time, go slowly.
• Use handrail when available.
• Going up, lead with your stronger leg (if you have a stronger side).
• Going down, lead with the weaker leg (if you have a weaker side).
• Make sure your entire foot is on the step.
• Maintain good posture.
• Avoid excessive leaning or pulling on railing.
• Going one step at a time is the safest method.
• Take rest breaks as needed.
• Ask for help if needed.
For questions about:
Metro Transit (206)553-3000
Sound Transit (206)398-5000
Community Transit (425)348-2350
Transit Instruction (206)749-4242
Access eligibility (206)263-3113

These tips are intended to assist in the planning of traveling in the community. They are a guide only and cannot guarantee safety. It is the responsibility of the reader to follow his/her health care professional’s advice related to their specific condition. Always be prepared to encounter the unpredictable.