

WALKING UP AND DOWN STAIRS



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.

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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



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