Using a Walker or Cane

RIDING THE BUS

Before the trip know how to:
☐ Fold the walker
☐ Lock the brakes if you have them
☐ Do not overload the walker
☐ Inspect cane/walker tips for wear

On the lift:
☐ Make sure your walker and feet are completely on the lift
☐ Lock brakes if you have them
☐ Hold on to the lift handhold
☐ Watch your head as you step between the bus and the lift.

Position yourself on the bus:
☐ Toward the front of the bus where there is the most space
☐ Completely out of the aisle (including packages, footrests, etc)
☐ Lock the brakes (if you have them) and hold the walker during the trip.

Talk with the driver about:
☐ The need for the lift/ramp
☐ If you need time to sit down before the bus moves
☐ Where you plan to get off.

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☐ The need for the lift/ramp
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☐ Where you plan to get off.
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.