# Using a Wheelchair or Scooter

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## GOING UP AND DOWN CURB CUTS

## Preparation for curb cuts:

- Know your route and know where the curb cuts are located
- Be aware of transportation patterns
- Check for dips or bumps in curb cut
- Wait at top of curb cut for "walk" signal or traffic patterns to allow for safe street crossing

## Going up a curb cut:

- Use the center of the curb cut where it is flattest
- Lean forward as you push/drive
- Wait until you reach level ground before changing direction

#### Going down a curb cut:

- Slow down and shift your weight back
- Use the center of the curb cut where it is flattest
- $\odot$ If it is too steep the foot plate may hit the bottom of the slope
- Wait until you reach level ground before changing path of travel

# Asking for assistance:



- If you do not feel safe going up or down a curb cut, ask for assistance
- Going down, they can pull back lightly on push handles to slow down or assist with foot plate.
- Going up, they can push or provide a slight tilt to overcome obstacles

Getting there •••• TRANSPORTATION RESOURCE CENTER

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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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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. 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.