

## Using a Walker or Cane



### WALKING UP and DOWN CURBS and CURB CUTS

#### Preparation for curb cuts:

- Know your route. Know where the curb cuts are.
- Be aware of transportation patterns.
- Check for dips or bumps in curb cut.

#### Going up / down a curb cut:

- Walk up/down the center part of the curb cut where it is flattest.
- Be sure your cane or walker can get over any dip or bump in the curb cut.
- Small walker wheels tend to get caught in dips and on bumps. Move slowly.

#### Going up / down a curb:

- Get as close as possible to the curb
- Going up, be sure your foot is stable and cane or walker is steady.
- Going down, put your cane or walker down first. Then bring your foot carefully and firmly to the ground.

#### Asking for assistance:

- Know your capability and ask for help when needed.
- A helper can provide a hand or “spot” you as you move.
- Go with someone else until you are ready to go alone (if possible).

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**For questions about:**

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Sound Transit (206)398-5000  
Community Transit (425)348-2350  
Transit Instruction (206)749-4242  
Access Eligibility (206)263-3113



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