Tips for Safely Getting In/Out of Vehicles

Always inspect your vehicle and the area surrounding your vehicle before getting in or out of the vehicle

- Look for hazards before you move. Take notice of any items such as ice, snow, grease, oil, debris, rocks, potholes or uneven surfaces that could cause you to slip or trip.
- When possible, remove snow, ice or other debris from steps, handholds and footwear before entering or exiting.
- Ensure vehicle clutter is removed and equipment secured to avoid trip hazards when entering or exiting.
- Make room to move. Move your seat and tilt the steering wheel to give yourself more room. Make sure your arm is not tangled in the seatbelt.

Don't fall getting in or out of your car. Follow these steps to stay on your feet.

- Hold on; keep your balance by having three of your four limbs in contact with the car or ground.
- Use the access steps, footholds and handholds and rails provided on the vehicle to support you when entering or exiting.
- When entering or exiting cars and pickup trucks, hold on to the door or steering wheel to help maintain your balance.
- Step with caution in icy conditions.

Getting In

- Backside in first. Stand with your back to the car and lower yourself carefully, so you don't hit your head. Hold on for balance.
- Rotate and slide in your feet. If you have weaker legs, you may need to lift in your feet.

Getting Out

- Don't rush. Rotate and slide feet out. Check that your seat belt is clear of your arm and your head is clear of the doorway.
- Plant your feet for balance, with your feet shoulder width apart.
- Raise yourself up. If you are grabbing onto an object to help get yourself out of the car, make sure it is not going to move.