

Getting Out of Your Vehicle



**STEP DOWN.
NOT OUT.**

Stay on your feet.
When getting out of a vehicle:

1. Swing both legs out.
2. Place both feet, flatfooted, on the ground.
3. Grab onto the door frame or steering wheel for support.
4. Use at least three points of contact—two feet and one hand.

Remember to:

- Wear proper footwear.
- Use authorized paths.
- Slow down.