

# Living Safely

with disabilities and special health needs

## Parking Lot Safety for Drivers



Children's  
Specialized Hospital®

An RWJBarnabas Health facility



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As I drive through a parking lot, I look around for vehicles.



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When driving through a parking lot, I remain in one lane.

I do not drive across empty parking spots in the lot.



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I pay attention and obey signs posted in the parking lot.

These can include "Do Not Enter," "No Parking," "One Way," and "Crosswalk" signs.

I should always obey the speed limit posted in the parking lot. If I am unable to find a sign, it is safest to drive 10 miles per hour.



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When pulling in or out of a parking spot, I need to be aware of other vehicles, people, shopping carts, and items that may be on the ground.

In parking lots, sometimes children, vehicles, or objects can move suddenly and unexpectedly.

I need to beware of other moving vehicles as well as vehicles with their engines running or brake lights on. These vehicles may be preparing to back up.



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When parking, I try to park in a spot that has lights around it.  
At night, well-lit parking spaces are usually safer than others.





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If a parking space appears to be a tight fit, and I am not sure my vehicle will be able to fit into the space, I should look for another parking spot that has more room.



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I should avoid leaving important or valuable items in a vehicle parked in a parking lot.

After shopping, I place those items out of sight such as in a trunk or under a blanket.





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After leaving my vehicle, I make sure everyone is out and not left in the car or truck.  
I lock the door once everyone is out.



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When I park my car in a lot, I try to find parking spots close to where I am going. It is safest for me to avoid places that seem isolated or out of the way.



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It is important for me to remember where I park my vehicle in a parking lot.

I can write down or take a picture of the area once I park.

In many parking lots and parking garages there are letters, numbers, symbols, colors, or landmarks, which identify a parking area or level of a parking garage. If possible, I should try to observe these as a reminder of the location of my parking space.



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When moving through a parking lot to get to my vehicle, have my keys ready before I get to the car.

This helps to prepare me to get into my vehicle quickly in case of an emergency.

For more Living Safely resources, visit [www.rwjbh.org/cshlivingsafely](http://www.rwjbh.org/cshlivingsafely)

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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