

SAFE INDOOR TRAVEL: THE TRAILING TECHNIQUE

The trailing technique can help you locate a door, walk in a straight line, or detect the position of objects in front of you:

- Begin along a straight stretch of wall in an uncluttered area. Stand with the side of your body about 6" from the wall.
- Extend your hand in front of you at approximately hip level and angled downward toward the floor, about 12 inches from your body.
- The back of your hand should be in contact with the wall, with your fingers slightly cupped toward your palm.
- This will prevent you from injuring your fingers if they make contact with an object. Your fingers will also act as "bumpers" to warn you about objects that you may encounter.

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SAFE INDOOR TRAVEL: THE TRAILING TECHNIQUE *(cont.)*

- Walk forward slowly while holding your arm in this position, keeping the backs of your fingers, especially the knuckles of your ring and "pinky" fingers, in contact with the wall.
- Make sure that the back of your hand is always in contact with a surface while you are moving.
- When you make contact with or locate an object, take a few moments to examine and identify it.
- If you come to a doorway, walk across the opening and resume trailing on the other side.
- Initially, you may be able to hold this position for only a minute or two, but with repeated practice you will be able to maintain this position for longer periods of time.

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