# Let's Talk ABOUT...

# Child safety seat guidelines

# **Rear Facing**

(Birth to at least 2 years old and less than 30 pounds)

#### **Child Safety Seat**

- Read your child's safety seat instructions. This will help you know the right way to use and install your car seat.
- An "infant only" or "rear-facing convertible" seat can be used for children weighing less than 22-30 pounds.
- Most "infant only" seats can be used with or without the base. Check instructions to see where the carrying handle must be placed when used in the vehicle.

#### **Placement**

- Face your infant and toddler to the rear of the vehicle until your child is at least two years and 30 pounds.
- Never put your infant in the front passenger seat of a vehicle with air bags. The back seat is safest.

# **Child Safety Straps**

- Fasten the harness straps on your child first. Cover your child with a blanket last. Do not wrap your child in blankets or extra clothing.
- Place harness straps in the slots on the back of the seat, at or below your child's shoulders. Fasten the harness snugly. At your child's collarbone, you should not be able to "pinch" any of the harness strap between your fingers.
- Always use the chest retainer clip to hold the shoulder straps in place. Position the retainer clip at armpit level.

### **Car safety belts**

• The child safety seat should not move more than one inch side-to-side and front to back when



Rear Facing Child Safety Seat

- shaken at the anchor points (where the seat belt goes through).
- Seat belts in cars made before 1996 may need a locking clip. Always read the instruction manuals for your vehicle and your child safety seat.
- If your car needs a locking clip, place it on both the lap and shoulder belts ½" to 1" from the latch plate.

## **Special considerations**

- Recline the infant seat to a 30-45 degree angle to avoid stress to your infant's neck and back and to keep his head from falling forward. If an infant's head falls forward, it could prevent him from breathing.
- You may place rolled cloth diapers or blankets on both sides of your infant's body and between his legs to prevent slouching or sliding.
- Do not put padding behind your child's back or under his bottom. If an insert did not come with the child safety do not use one.



Forward Facing Child Safety Seat

# **Forward Facing**

(At Least 30 pounds AND 2 years old)

#### **Car Seat**

- Always read the instructions. Follow the child safety seat manufacturer's guidelines.
- Use the harness in your car seat for as long as the manufacturer's instructions allow.

#### **Placement**

- Face the child safety seat toward the front of the car if your child weighs more than 30 pounds and is 2 years old or older. If the safety seat allows, it is best to keep your child rear facing till he is 35 pounds.
- The center back seat is usually the safest place for a child safety seat.

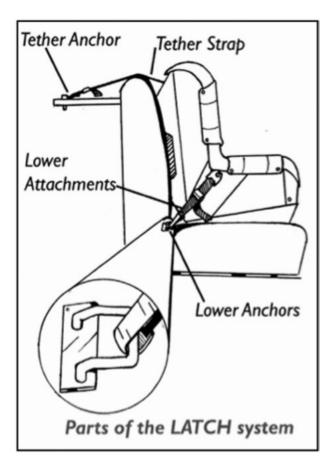
#### **Child Safety Seat Straps**

• Use the harness straps to the weight the seat allows and at least until your child weighs 40 lbs. On the back of the child safety seat, adjust the harness straps to the reinforced slots at or above shoulder level.

- Fasten the harness snugly. You should not be able to "pinch" any excess webbing between your fingers at the collarbone.
- Almost every seat has a chest retainer clip. Always use it to hold the shoulder straps in place.
   Position the retainer clip at armpit level.

#### **Car Safety Belts**

- Older cars may need a locking clip on the lap/ shoulder belt. Always read your vehicle and your car seat manufacturer's instruction manual. Place the locking clip on the seat belt just before it locks into the buckle.
- Use the LATCH system with some newer cars and child safety seats. Always read your vehicle and your car seat manufacturer's instruction manual. Never use the both the seat belt and LATCH at the same time.
- Use the top tether whenever possible. (See diagram below)



#### **Special Considerations**

- Put your child in a booster seat if he weighs more than the harness recommends or if his ears are above the top of the safety seat back.
- Do not place your child in a backless booster seat until he is 4 years old and 40 pounds.

# School-Aged Children

(Under 4'9" tall)



#### Child safety seat/ booster seat

- Always read the instructions and follow the child safety seat manufacturer's guidelines.
- Place your child in the booster seat. Use both the vehicle's lap and shoulder belt. Booster seats help so older children fit properly in the safety belts.

#### **Placement**

- The back seat is the safest place for a child booster seat. Always place the child booster where there is a lap/shoulder belt.
- Place children younger than 13 in the rear seat.



Child safety seat/booster seat

#### **Car safety Belts**

• If your child is less than 4'9" he needs a booster seat to use the lap/shoulder belt. The booster seat

will raise your child up and the shoulder/lap belts will fit better. Place the lap belt low, over your child's hips. The shoulder belt must come across the middle of the chest, and not across the neck or face.

- Never use a booster seat with a lap-only seat belt.
- For more information go to Boosttil8.org.



Lap belt

# **Older Children and Adults**

(Taller than 4'9")

#### **Placement**

- Always read seat belt instructions! Follow the car manufacturer's guidelines.
- Children under 13 should sit in the rear seat.
- If your child is under 13 years and must sit in a front seat with a passenger-side air bag, properly restrain your child and move the vehicle seat back as far as possible.

#### **Car Safety Belts**

• Keep the lap belt snug and low across the hips and do not let it ride up on the belly.

- Make sure the shoulder belt crosses the shoulder, not the neck or face. It should never be worn behind the back or under the arm.
- Most children, if they are 4 foot 9 inches tall, fit in a lap/shoulder belt.

#### **Utah Law**

- Children under 8 must be restrained in an appropriate child safety seat or booster seat.
- All persons older than 8 must wear seat belts. There is a \$45.00 fine for violating this law.

