





## Appendix E

### Child Passenger Safety Test Messages – Study 1

# [1] Right Seat • Right Time • Right Use

Every seat is different. Every child is different. Here is the natural progression of seat types from birth to teen years...with a bit of advice for best protection at each stage. Follow seat directions and use each type for as long as possible to the top weight and height limits before transitioning to the next seat type. Unrestrained children are 3 times more likely to be injured. Kids are always safest in the **BACK SEAT!**

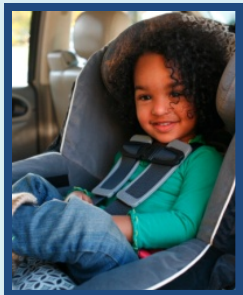
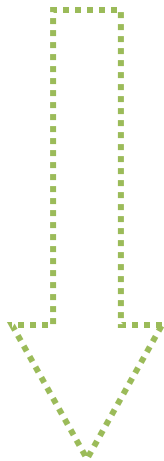
Stage of Childhood	Seat Type	Advice for Stage & Seat Transitions
	<b>Rear-facing Seats</b>	<p>Children should use rear-facing seats in the back seat as long as possible to the rear-facing height and weight limits for the seat (even up to age 2 or 3). If your seat has a rear-facing weight limit of 22 pounds or less, you should change to a convertible seat with higher rear-facing limits and keep rear-facing for longer. Leg crowding is expected and okay. It does not cause harm as long as the child is within the weight and height limits for the seat.</p>
	<b>Forward-facing Seats with Harnesses</b>	<p>Keep your child rear-facing until the top weight or height limits for the rear-facing seat. Once top rear-facing limits are reached, use a forward-facing seat with a harness and a tether. Keep your child in a car seat with a harness until he or she reaches the top height or weight limit for the harness.</p>
	<b>Booster Seats</b>	<p>Use seats with harnesses to the top weight or height limits for the harnesses. Once children outgrow harnesses, use a booster seat in the back seat <b>until the seat belt fits properly</b>. A booster is often needed until a child is around 4 feet 9 inches tall. Your child may be about 12 years old before he/she is ready for a seat belt.</p>
	<b>Seat Belts</b>	<p>Older children should use a lap-shoulder seat belt in the back seat once they outgrow a booster seat. They have not outgrown a booster seat until the seat belt fits correctly: (1) The shoulder strap should cross the center of the chest and rest on the shoulder (not the neck). (2) The lap belt should fit low and snug on the upper thighs (not the stomach). (3) The knees should bend at the edge of the vehicle seat when sitting all the way back.</p>



## [2] Right Seat • Right Time • Right Use

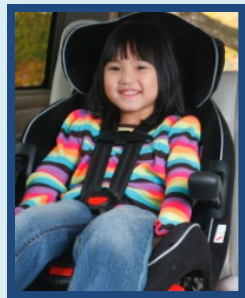
Unrestrained children are 3 times more likely to be injured in a crash.

### Follow these 4 Steps to Keep Kids Safe in the Car



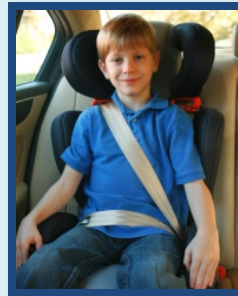
#### 1. Keep Kids Rear-Facing as Long as Possible:

Children should use rear-facing seats in the back seat as long as possible to the rear-facing height and weight limits for the seat (even up to age 2 or 3). If your seat has a rear-facing weight limit of 22 pounds or less, you should change to a convertible seat with higher rear-facing weight and height limits and keep rear-facing for longer. Leg crowding is expected and okay. It does not cause harm as long as the child is within weight and height limits for the seat.



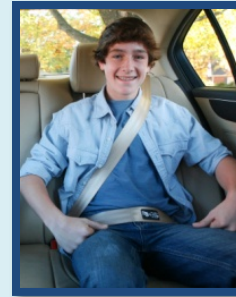
#### 2. Keep Kids in Seats with Harnesses as Long as Possible:

Once top rear-facing limits are reached, children should use a forward-facing safety seat with a harness and tether in the back seat. Use a seat with a harness as long as possible to the top height or weight limit for the harness.



#### 3. Use Boosters until the Belt Fits:

Children should use booster seats in the back seat until the seat belt fits. Kids are not ready for a belt until they pass this test without the booster: (1) They can sit all the way back in the vehicle seat with knees bent at the edge of the seat. (2) The shoulder strap crosses the center of the chest and rests on one shoulder (not the neck). (3) The lap belt fits low & snug on the upper thighs (not the stomach).



#### 4. Keep Kids Belted in the Back until Age 13:

Older children should ride in a lap-shoulder seat belt in the back seat once they outgrow a booster seat, which may not happen until close to 12 years old. The back seat is safest for all children.



# [3] Reducing Car Crash Injury = Right Seat + Right Time + Right Use

- In a crash, the vehicle stops or changes direction in fractions of a second.
- Everyone is thrust in the direction the car was traveling.
- Unrestrained children are 3 times more likely to be injured.
- Your child's restraint is made to stop your child with the vehicle & reduce harm.
- The better the fit to your child's growing body, the better the protection.

BIRTH



#### HERE'S WHAT TO DO:

- Start your child in a REAR-FACING SEAT IN THE BACK SEAT. Use as long as possible to the top rear-facing weight and height limits on the seat (even up to age 2 or 3).
- If your seat has a rear-facing limit of 22 pounds or less, change to a convertible seat with higher rear-facing weight limits. Keep rear-facing longer.
- Leg crowding is expected & okay. It does not cause harm as long as child is within weight & height limits for the seat.

#### HERE'S WHY:

- A rear-facing seat moves with your child and absorbs crash forces.
- Cradles to reduce harm to neck & spine
- Kids under 2 are more likely to be injured if forward facing.



#### HERE'S WHAT TO DO:

- Once top rear-facing limits are reached, use a FORWARD-FACING SAFETY SEAT WITH A HARNESS and tether in the back seat.
- Remember to keep rear-facing as long as possible before turning forward.
- Use a seat with a harness as long as possible to the top height or weight limit for the harness.

#### HERE'S WHY:

- Harnesses spread crash forces over strong parts of the body.
- Keeps body positioned in a crash
- The tether limits head injuries by reducing movement in a crash.



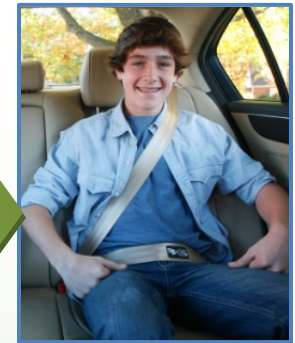
#### HERE'S WHAT TO DO:

- Once a child outgrows the top limits for the harnessed seat, use a BOOSTER SEAT IN THE BACK SEAT.
- Use a booster until the belt fits correctly (see next step).
- A booster is often needed until 4 ft 9 in tall. Your child may be 12 years old before ready for a belt.

#### HERE'S WHY:

- A booster raises a child up so the belt rests over strong body parts.
- Decreases stomach, neck, & spine injuries
- Keeps kids from putting the shoulder belt under their arm or behind their back, which causes harm in a crash

TO TEEN YEARS



#### HERE'S WHAT TO DO:

- Kids should ride in a lap and shoulder SEAT BELT IN THE BACK SEAT once they outgrow a booster seat.
- Kids are ready for a seat belt when:  
1) The shoulder strap crosses the center of the chest and rests on the shoulder (not the neck).  
2) The lap belt fits low on the thighs (not the stomach).  
3) Knees can bend when sitting all the way back in the seat.
- Use the back seat for kids under 13.

#### HERE'S WHY:

- A seat belt keeps the child in the vehicle.
- Spreads crash forces
- Protects head & spine
- Back seat is safer than the front

**Kids under age 13 are nearly two times safer in the back seat** because they are farthest from the most common kind of crash and from frontal airbags. Front airbags are meant for teens and adults.



# [4] Car Seat Recommendations for Children



- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.
- Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.

AGE



## Birth – 12 months

Your child under age 1 should always ride in a rear-facing car seat.

There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.



## 1 – 3 years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.



## 4 – 7 years

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.



## 8 – 12 years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

## DESCRIPTION (RESTRAINT TYPE)



A **REAR-FACING CAR SEAT** is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.



A **FORWARD-FACING CAR SEAT** has a harness and tether that limits your child's forward movement during a crash.



A **BOOSTER SEAT** positions the seat belt so that it fits properly over the stronger parts of your child's body.



A **SEAT BELT** should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.



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