

## Appendix M

### Post-survey Informational Handout

# Helpful Tips to Keep Kids Safe in the Car

1. **Rear-Facing Seats:** 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.

- Use the back seat; NEVER put a rear-facing seat in front of an active frontal airbag
- Install the seat rear-facing at a 45 degree angle
- Put your knee in the seat to install it *tightly* in the vehicle—there should be less than an inch of movement
- If using the vehicle safety belt, you must *lock* it to keep it tight—refer to instructions for locking
- You may use the lower anchor and tether (LATCH) system to install instead; Do not use the safety belt if using the lower anchors
- Tighten the harness *snugly* with the chest clip at armpit level and shoulder straps at or below the shoulders



2. **Forward-Facing Seats with Harnesses:** 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.

- Put your knee in the seat to install it *tightly* in the vehicle—there should be less than an inch of movement
- If using the vehicle safety belt, you must *lock* it to keep it tight—refer to instructions for locking
- You may use the lower anchor and tether (LATCH) system to install instead; Do not use the safety belt if using the lower anchors
- Always use the top tether (positioned tightly) when forward facing
- Tighten the harness *snugly* with the chest clip at armpit level and shoulder straps at or above the shoulders



3. **Booster Seats:** 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 *until the seat belt fits properly*. 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.

- The belt should fit low across the hips, cross the center of the chest, and rest on one shoulder away from the neck and face.
- The shoulder belt is just as essential as the lap belt. Never place it behind the back or under the arm.
- Be sure to use a high-back booster if the vehicle seat does not have head restraints.



4. **Seat Belts:** 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.

- The shoulder belt is just as essential as the lap belt. Never place it behind the back or under the arm.
- The back seat is safest until age 13.



*Seats and cars vary! Check the seat instructions and vehicle owner's manual for help specific to your seat, child, & car. Unrestrained children are 3 times more likely to be injured. Kids are always safest in the back seat!*

