

BOOSTERS ARE FOR BIG KIDS

What is your child's height today?

(feet and inches)

Most kids need to be at least 4 feet 9 inches tall to use an adult seat belt safely, which is usually around age 10 to 12 years old.



Try The 5 Step Test the next time you get ready to ride in a car/truck/van. You may find that you are not ready to use an adult seat belt without a booster seat.

If you answered “no” to any of The 5 Step Test questions, you still need a booster seat so that the seat belt is in the best place to protect you in a crash. Always use both a lap and shoulder. Never put the shoulder harness under your arm or behind your back.

For the best protection, all children should ride in the back seat until at least age 13. It is twice as safe as the front seat, even if the air bag is turned off.



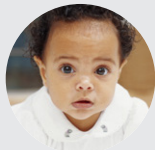
THE 5 STEP TEST

1. Do you sit with your back and bottom all the way back against the vehicle seat?
2. Do your knees bend comfortably at the edge of the vehicle seat?
3. Does the shoulder belt cross over the bones of the shoulder? (not over your neck)
4. Does the lap belt lay low on your lap, over the tops of your thighs?
5. Will you be able to ride comfortably for the whole trip?

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.



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 types)



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.