

Is Your Child Riding Safely? Transcript

Is Your Child Riding Safely?

"Is Your Child Riding Safely?" is proudly brought to you by Children's Health Education Center with funding made possible by Kohl's Department Store.

Is your child riding safely?

Infant seat, convertible, combination, booster? With car seats, there is a lot to know about which choice protects your child the best. In the first part of this presentation, we will cover some facts, and then we will review what you can do to keep your children safe in the car.

Do you know?

What percentage of child vehicle restraints are not used correctly?

- 24%
- 56%
- 73%
- 80%

That's right! Up to 80% of car seats are not used correctly.

Actually, up to 80% of car seats are not used correctly!

Facts

You've heard it before, motor vehicle crashes are the leading cause of death among children.

Use of a car seat reduces your child's risk, but correct use can reduce your child's risk by 80%.

There are a number of things you can do to ensure your child is safe while riding in a motor vehicle.

For a comprehensive Fact Sheet, click on the Facts button.

Is Your Child Riding Safely? Transcript

Myth Buster: True or False

If my child's feet are touching the vehicle seat, he should stop riding rear-facing.

False. Children are much safer riding rear-facing. The minimum requirement is that the child stays rear-facing until he is both one-year and 20 lbs.

Which car seat is best for your infant?

Your child should ride rear-facing at least he has reached his 1st birthday and he is over 20 pounds.

However, this is a minimum standard.

New recommendations include keeping your child rear-facing until the maximum rear-facing weight limit on his car seat is reached.

Look for car seats that use a 5-point harness system for added safety and protection for your child.

Securing your child

To secure your infant safely in an infant or rear-facing convertible car seat:

- Harness strap slots must be at or below the child's shoulders.
- Straps should be snug.
- Chest clip sits at armpit level.
- If your child's head is within 1" of the top of the car seat or he has reached the weight limits of the car seat, your child has outgrown the car seat. And remember to dress your baby in clothes that allow you to buckle all straps properly.

Which seat is best for my toddler?

For toddlers, the car seat can be forward-facing only or a convertible seat used forward-facing. Many forward-facing seats now offer harness straps that can be used for children over 40 pounds. This may be an option your child needs. Some of these seats offer additional safety features as well. Take time to get to know the benefits of each kind of seat.

Is Your Child Riding Safely? Transcript

Securing your child

To secure your child safely in a forward-facing convertible or forward-facing only seat:

- Your child should weigh over 20 pounds and be over 1 year old.
- Harness strap slots must be at or above the child's shoulders.
- Straps should be snug.
- Chest clip sits at armpit level.
- If shoulders are even with or above the top harness slot or your child's ears are over the top of the car seat or he has reached the maximum weight limit, your child has outgrown the seat.

Myth Buster: True or False

The average vehicle safety belt is designed for someone at least 4'9" tall.

TRUE...and the average child doesn't reach 4'9" until 11 years old!

Which seat is best for my child?

For children 4-8 years old, a booster seat is needed. It is important that children have head support in the event of a crash. If your vehicle has a head rest or high seat back where your child sits, you can use a backless booster seat. A high-back booster seat offers head support when it doesn't exist in the vehicle.

It can also keep children who fall asleep in the car positioned correctly in the seat belt.

Securing your child in a booster seat

Booster seats raise the child up so the lap/shoulder belt fits correctly.

Boosters must ALWAYS be used with the lap/shoulder belt. The shoulder belt should lie across his chest and collarbone. The lap belt should rest flat on his upper thighs, not on his stomach. And be sure to secure your child in the back seat.

Is Your Child Riding Safely? Transcript

Myth Buster: True or False

My child can switch from a booster seat to a just a seat belt when he reaches 4'9" .

Maybe. The first requirement to wear a seat belt is height. Your child must be at least 4'9" tall, but there are additional requirements. The best way to tell if your child is ready is with the Five Step Test. Let's find out more about the Five Step Test.

Is your child ready for a seat belt?

Remember, your child must be at least 4'9" .

The Five Step Test

1. Does the child sit all the way back against the vehicle seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the thighs?
5. Can the child stay seated like this for the whole trip?

If your child doesn't meet the requirements of the Five Step Test, a booster seat should still be used.

Securing your child with a seat belt

Make sure your child can sit back in the seat, with his feet on the floor. If the belt crosses your child's face or neck, he could slide under the shoulder harness if the car stopped suddenly in a crash. Fit the lap belt snugly on his upper thighs - not his stomach, as this could result in severe abdominal and spinal injuries in an accident.

Car seat installation

Properly securing your child in his car seat is the first step, but proper installation of the seat into your vehicle is just as important.

It is essential that you follow the manufacturer's instructions for both your vehicle and your child's car seat or booster seat to make sure you are installing it correctly.

Is Your Child Riding Safely?

Transcript

Installing a rear-facing car seat

When your rear-facing car seat is installed properly...

- It is installed in the back seat.
- The car seat is reclined at no more than 45 degree angle.
- The seat belt or LATCH belt is locked in place and through the correct belt path.
- The car seat does not move more than 1" to either side.

If you need help installing your child's car seat, look for trained technicians in your area at NHTSA.gov

Installing a forward-facing car seat

When your forward-facing car seat is installed properly...

- It is installed in the back seat.
- The car seat is upright.
- The seat belt or LATCH belt is locked in place and through the correct belt path.
- The car seat does not move more than 1" to either side.

If you need help installing your child's car seat, look for trained technicians in your area at NHTSA.gov

Other car seat safety guidelines

Car seats and booster seats offer the best protection for your child, but you must be sure the seat itself is in good condition. Car seats and booster seats have "expiration date" stickers on the bottom, and should not be used after this date.

A car seat's ability to protect your child also becomes compromised when the seat is involved in a crash. A used seat may not have signs that it has been in a crash. You can go to NHTSA.gov to see the specific guidelines on what constitutes a crash serious enough for you to replace your seat.

Used seats are not recommended because they may have been recalled, have damage from use or storage, or be missing essential parts.

Is Your Child Riding Safely? Transcript

Other car safety guidelines

It's best not to let your children play in the car, even if it is parked in the driveway, as they can lock themselves in, get caught in windows, or even release a parking brake and roll down an incline. Additionally, temperatures inside the car can reach deadly levels in minutes.

Ride safely

Car seats, boosters, and seat belts save lives. But they are only effective if used correctly, *every time* you get in the car. Protect your most precious cargo, and enjoy the ride!

Thank You

Thank you for visiting us. Please take a moment to share your feedback by clicking on the link below.