



The following tips apply to both forward and rear facing car seats.

- ★ Car seats should fit tight using the vehicle seat belt.
- ★ The seat should not move more than one inch side to side, or toward the front of the vehicle.
- ★ If the seat does not stay tight, a locking clip may be needed. Consult your vehicle owner's manual to find out if your seat belt needs one.
- ★ Any car or booster seat should be replaced if it has been in a crash.
- ★ Make sure any car or booster seat you use has a label identifying that it meets Federal Safety Standards.
- ★ Never place a car or booster seat in front of an air bag.

Tips for seat belt usage.

- ★ Shoulder belt fits best across mid-chest and shoulder.
- ★ Do not put shoulder belts under the arms of children or behind their back.
- ★ Place lap belt low and snug across thighs.
- ★ Lap/shoulder belts can be retrofit in some vehicles.
- ★ The Federal Safety Standard does not cover seat belt adjusters and some may actually interfere with proper fit.



Children's Mercy Hospital
Center for Childhood Safety
2401 Gillham Road
Kansas City, Missouri 64108-4698

Children's Mercy Hospitals and Clinics are committed to keeping children safe. Together we will reduce the number of child injuries in motor vehicles.

important numbers:

Children's Mercy Hospital
(816) 234-3000
www.childrens-mercy.org

Center for Childhood Safety
(816) 234-3469
www.injuryfree.org

NHTSA Auto Safety Hotline
1 (888) 327-4236
www.nhtsa.dot.gov

Safety and Health Council
(816) 842-5223

This brochure contains general guidelines from the Center for Childhood Safety of Children's Mercy Hospital. For additional information regarding specific vehicles and car seats, please refer to instruction manuals. Also, be sure to make an appointment with a child seat technician to demonstrate how to properly install your car seat.



nothing is more important than your child's safety



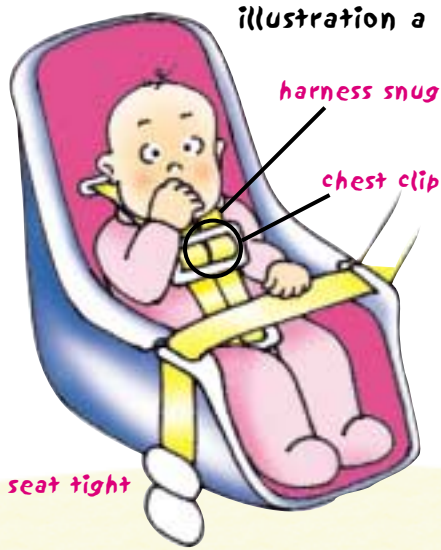
When it comes to the well-being of your child, nothing should be left to chance, especially in a motor vehicle. Nearly 80% of child seats are incorrectly installed, leading to thousands of preventable injuries each year. This guide serves as a starting point to understanding how to properly select and install your car seat as your child grows.



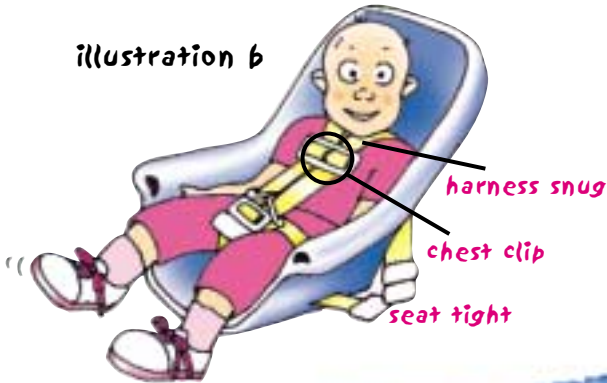
choosing a seat that's right for your child

The best car seat for your child is one that fits the child and fits the car.

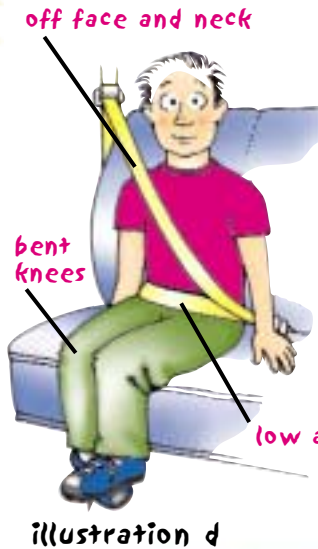
Children less than 1 year old and under 20 pounds ride in the back seat facing the rear until they are both 1 year old and weigh 20 pounds. For babies that weigh more than 20 pounds and are less than one year in age, look for a rear facing seat with a weight limit of 30 pounds. The seat should be placed at a 45-degree angle. The harness straps should be at or below the shoulders with room for no more than one finger between the straps and collarbone, and the chest clip should be at armpit level. **Never place a car or booster seat in front of an air bag.** (See illustration a).



Children over 1 year old and more than 20 pounds ride in the back seat facing forward. Harness straps should be in the top slots, at or above the shoulders with room for no more than one finger between the straps and collarbone, and the chest clip should be at armpit level. Children should continue to ride in a seat facing forward as long as their ears are below the top of the back seat and their shoulders are below the top seat strap slots, or until they reach the upper weight limit of their seat (40 pounds). (See illustration b).



Children between 40 and 80 pounds ride in a booster seat with a lap-shoulder seat belt. Seat belts alone do not fit these children. Seats vary according to the child's weight. A high back booster seat is required to protect the head and neck in cases where the child's ears are above the top of the car seat. Convertible car/booster seats are available for children who weigh 20-80 pounds. (See illustration c).



Children should remain in booster seats until they reach the seat's upper weight limit or they are able to ride with their knees bent at the seat edge (without slouching), and their seat belt fits low over their hips and thighs and snug over their shoulders. (See illustration d).

