# TOP TIPS ABOUT CAR SEAT SAFETY

#### Buying the right car seat

Your baby needs to ride in a rear-facing car seat for as long as possible- at least until they are 2 years old. Keep children rear-facing as long as they are within the height and weight requirements for the car seat.

#### Installing your car seat

You'll need to decide on using either the seat belt or lower anchors to secure your car seat. Both are safe, but don't use them both at the same time. Once your child is forward facing, it is important to use the tether with the seat belt or lower anchors.

#### Getting the right fit

A properly-fitted harness gives the best possible protection for your child.

#### Winter jacket safety

Put your child in thin, warm layers like fleece. After the child is snug in the car seat harness, layer blankets over the top of the harness, or put the coat on backward over the arms and shoulders.

#### When to change your car seat

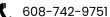
Look on the car seat label to make sure your child is still within the weight, height, and age limits for that seat.

Columbia County
Public Health
provides **FREE** car
seat checks and
education on the
current guidelines
and proper
installation of car
seats.



Learn more about car seat safety: Scan or visit bit.ly/CCpublichealth

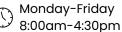
The mission of Columbia County Health and Human Service is to promote and protect the health and safety of our community.





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## CHILD PASSENGER SAFETY

Columbia County
Public Health: Car
Seat Safety
Program

## Rear-facing Car Seat

A rear-facing car seat is a seat that faces the rear of the car. Riding rear-facing is safer than forward-facing because a child's head, neck and spine are better protected. Keep children rear facing as long as they are within the weight and height limits for the car seat.

#### Proper fit is key to safety

- Harness straps are at or below the shoulders and should be snug
- Chest clip is at armpit level
- Top of the child's head is at least one inch below the top of the car seat
- It is okay if your child's feet touch the back of the vehicle seat.

#### **Use rear-facing correctly**



## Forwardfacing Car Seat

Kids can move into a forward-facing car seat when they are at least 2 years old and have outgrown the rear-facing only car seat. If they are younger than 2 and outgrowing the rear-facing seat, look for a seat that goes rear-facing to higher weights and heights. This may allow them to stay rear facing past the age of 2.

#### Proper fit is key to safety

- Harness straps are at or above the shoulders and should be snug
- Chest clip is at armpit level
- Top of the child's ear must be below the top of the car seat

#### **Use forward-facing correctly**



In both rear-facing and forward-facing harness seats, preform the Pinch Test. After you buckle and tighten the harness, pinch the harness at the shoulder. If the harness is snug, your fingers will slide off the straps. If the harness is too loose, you will be able to pinch the straps between your fingers. A loose harness is a common mistake and is not safe for travels.

### **Booster Seat**

Booster seats are important to use when a child has outgrown a harness seat but before they are ready to start using a seatbelt only.

#### Proper fit is key to safety

- Top of child's ears should be below the top of the booster or vehicle head rest
- Shoulder belt must be flat and snug between the neck and shoulder
- Lap belt must be flat and snug on the tops of the thighs

## Hard Facts about Safety in Cars

- Road injuries are the leading cause of preventable deaths and injuries to children in the United States.
- Correctly used child safety seats can reduce the risk of death by as much as 71 percent.
- More than half of car seats are not used or installed correctly.