

Buckle up for Safety

Seat belts save over 10,000 lives in America each year.



Seat Belt Safety:

Correct way to wear a safety belt:

- The lap portion of the belt should be adjusted so it is low and snug across the pelvis/lap area—never across the stomach.
- The shoulder portion of the belt should cross the chest and collarbone and be snug. The belt should never cross the front of the face, cut into the neck OR be placed behind the back.

Car Seat Safety:

- Only buy child safety seats that meet Department of Transportation requirements.
- Use only car seats that have been manufactured in the last 5 years.
- Infants and children should always ride in the back seat of the car, however, if there is no back seat, be sure to deactivate the front seat passenger airbag, and push the seat back as far from the dash board as possible.

NEWBORNS: Birth to 1 year **and** less than 20 pounds

- All newborns must ride in the back seat of the car in a rear facing safety seat.
- The car seat should be firmly fastened in place and shouldn't slide from side to side.
- Harness should be adjusted so that you can only fit one finger underneath the straps at your child's collarbone.
- Chest clips should be even with the child's armpits.

TODDLERS: 1 year **and** at least 20 pounds

- When newborns outgrow their rear facing restraints, they can graduate to a child safety seat that faces forward.
- Make sure straps are over the child's shoulders and are snug enough that only one finger can fit underneath at your child's collarbone.

SMALL CHILDREN- 40-80 pounds

- When the child has outgrown a convertible or toddler seat, use a booster seat that positions the lap/shoulder belt correctly.
- When a child is tall enough to sit with knees bent at the edge of the seat, while sitting all the way against the back of the car seat, they can use the adult lap/shoulder belts provided in the car.

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