

Buckle Up: Every Ride Every Time

Why are we concerned about children using booster seats?

Each year thousands of young children are killed or injured in car crashes. Proper use of booster seats help to keep children safe.

Why should children use booster seats?

Booster seats help the seat belt fit over the middle of the chest, shoulders, and hips of your child. They protect children by:

- Keeping them safe in the vehicle because the belt holds them in place using the strongest parts of their body (shoulders and hips)
- Protecting their head, neck, and spinal cord
- Slowing their body from moving in a crash

How long should children use booster seats?

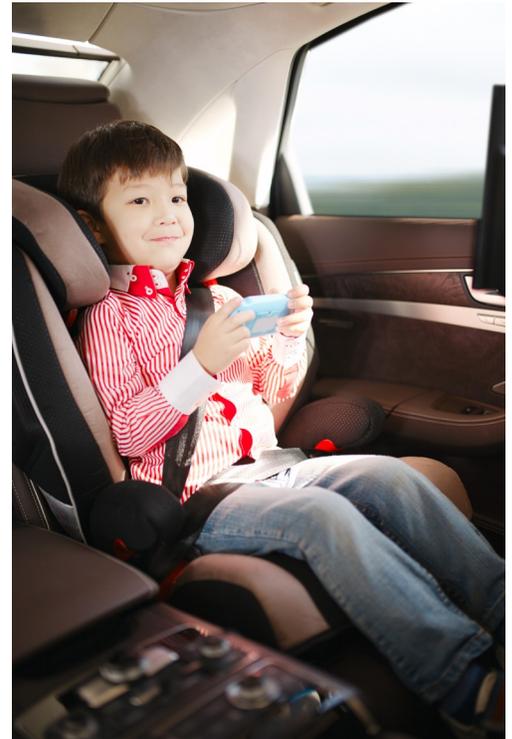
Most children will use a booster seat until they weigh between 80 and 100 pounds and are 8 to 12 years old.

Children must use a booster seat until their 8th birthday. We also recommend that your child be at least 57 inches or 4 feet 9 inches (4'9") tall

How should a booster seat fit?

- Make sure the booster seat fits your child and car correctly—read your car seat and vehicle manuals for more information
- Keep the lap belt low and tight on their hips
- Place the shoulder belt across mid-chest and shoulder - not behind your child's back or arm
- Adjust the head restraint properly

For more information go to: www.safekids.org



Health  Whys

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