

Car Seat Safety

Ages 1-4



The American Academy of Pediatrics recommends children remain rear-facing until 2 years old or until they reach the highest weight and height limit for their child restraint (car seat).

Choosing a Car Seat

Convertible

- Convertible car seats go both rear and forward facing in the car and usually can be used to a higher weight limit than an infant seat.
- This seat helps to keep a child rear-facing longer and can be used to a weight limit around 40-80 pounds, depending on the brand.

Combination

- Forward facing only.
- This seat has a 5-point harness that can be used up to a certain weight limit (40-65 pounds)
- Once the child reaches the upper weight limit of the harness, they can then begin to use the seat as a booster seat. The seat is then used with a lap or shoulder seat belt.
- Check the manufacturers' instructions for weight and height requirements.

Booster Seats

- Booster seats are typically used for children aged 4 years up to 8 years of age. They can be used from 40 pounds to 80-120 pounds and the height of 4'9"
- They boost the child up to help the car's seat belt fit better.

- Check your manufacturers' instructions for weight and height requirements.

Using a Car Seat

- Remind your child to NEVER put the shoulder part of the belt behind them. This will not keep them safe if they are in a car crash.
- The harness should be at or just above the shoulders.
- The retainer clip, or chest clip, should be at armpit level or across the nipple line.
- The harness should be snug around the child. Make sure you buckle around the legs first.

Proper Installation is Key

- Before installing the seat, read both your car and the car seat's instruction manuals to make sure the seat is installed properly.
- Make sure to use either the latch system or the seat belt, NEVER BOTH!
- Make sure your child's car seat is checked by a certified seat technician!
- To find a fitting station near you, call your local fire or police station or visit www.nhtsa.gov

Other Helpful Tips

- Never purchase a used car seat!
- Never use anything with the car seat that was not originally sold with the seat. When car seats are tested for safety, they are crash-tested with only the products that come with the seat
- Check your state's booster seat laws to make sure you are following the law!

For more information, please contact Trauma Services at 513-636-7865