

booster

seats



Q: My child is 7 years old, weighs 50 lb (23 kg) and is 4'5" (135 cm) tall. Isn't she safe in just a seat belt?

A: Once they outgrow a child safety seat at 40 lb (18 kg), all children under 9 years of age who weigh less than 80 lb. (36 kg) or are under 4'9" (145 cm) should remain in a booster seat to help position the seat belt properly on the child's body. A child is 4 times more likely to suffer a head injury in a crash when using just an adult seat belt than when buckled in a booster seat.

Q: When is my son ready to be buckled up in a seat belt?

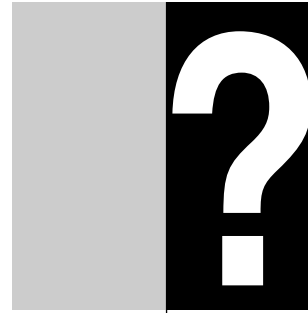
A: Children under 9 are safest riding in a booster seat until they are at least 80 lb (36 kg) or 4'9" (145 cm). A child is ready to move to a seat belt when he can:

- Sit with the lap portion of the belt low across the hips
- Sit with the shoulder part of the belt crossing between the neck and arm
- Sit with his knees bent comfortably at the edge of the vehicle seat
- Sit with his back against the back of the vehicle seat without slouching AND
- Remain in this position for the entire trip

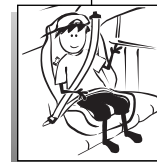
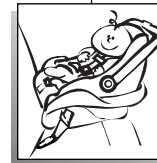
Read your child safety seat or booster seat instruction book and your vehicle owner's manual to make sure you are using the seat properly. Make every ride a safe ride for everyone.

If you have other questions about child safety seats or booster seats, call Alberta Infrastructure and Transportation at **(780) 427-8901 (toll-free in Alberta 310-0000)** or Alberta Health Link toll-free at **1-866-408-5465 (LINK)**.

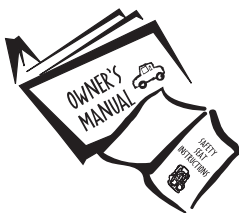
For more information, visit www.saferoads.com or www.health-in-action.org/aorp.



common questions about safety seats



When used correctly, child safety seats and booster seats save lives and reduce injuries. Children can get hurt if their child safety seats or booster seats are not used properly. Here are **the answers to some common questions about safety seats.**



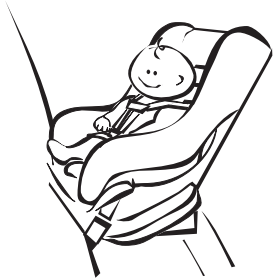
What's holding
you back?

CHP97-1162 © [2007/06]

 **Capital Health**
EDMONTON AREA

rear-facing

child safety seats



Q: My baby is 20 lb (9 kg) but only 8 months old. I've been told to keep him rear-facing. Why?

A: Before one year of age, a baby's body is not strong enough to survive a crash while facing forward in a child safety seat. Babies who are 20 lb (9 kg) before one year of age are not ready to go forward-facing. They should remain rear-facing until they are at least one year old and able to pull to a stand on their own.

Q: Do I keep using the infant-only car seat even after the 20 lb (9 kg) limit on the label?

A: No. If your baby has reached the upper weight limit of your rear-facing only seat, you need to look for a different seat. Look for a seat that goes rear-facing and forward-facing and has a higher rear-facing weight limit. Keep your baby rear-facing until your baby reaches at least one year of age.

Q: My baby's feet are touching the vehicle seat when he's rear-facing. Does that mean I need to turn him forward-facing?

A: Not necessarily. In a crash, the force on your baby's legs is minor compared to the injuries that could happen if placed forward-facing too soon. As long as your baby is within the weight and height limits for that seat, keep him rear-facing as long as possible. You may want to look for a bigger seat that goes both rear-facing and forward-facing. Your baby should remain rear-facing until at least one year of age and at least 20 lb (9 kg).

forward-facing

child safety seats



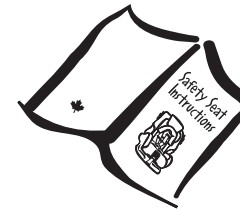
Q: Which is safer, a child safety seat with a shield or arm bar, or one with just a harness?

A: All child safety seats sold in Canada meet the same safety standards and provide good protection, they just look different. Choose a safety seat that fits your child, fits your vehicle, and will be easy for you to use correctly every time.

Q: My child is too tall for her child safety seat but she's not 40 lb (18 kg). Can she move to a booster seat?

A: Children less than 40 lb (18 kg) must stay in a child safety seat with a harness, not a booster seat. Read the safety seat instructions to see if your child is over the height limit. If your child is too tall for that seat, you need a different seat. A seat that works as a forward-facing seat and then converts to a booster seat may work well.

general



Q: I don't have the instructions for my child safety seat. What should I do?

A: Call the manufacturer and have instructions sent to you or get them from their website. The phone number for the manufacturer can be found on your safety seat. If you need help, call Transport Canada at 1-800-333-0371.

Q: How do I know if my safety seat has been recalled?

A: Recall information is available from Transport Canada at 1-800-333-0510 or at www.tc.gc.ca/road_safety (click on Child Safety).