

## Travel Safely

**Rear-Facing:** Secure children in a rear-facing car seat until 2 years of age or until the maximum weight or height allowed by the manufacturer of the car seat. Children younger than 1 year should always ride in a rear-facing car seat. **Never** place a rear-facing car seat in the front seat with an active passenger-side front air bag.



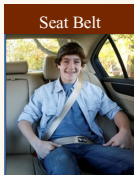
**Forward-Facing:** When children outgrow the rear-facing car seat, secure them in a forward-facing car seat with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of the car seat.



**Belt-Positioning Booster Seat:** Once children outgrow their forward-facing car seat, secure them in a belt-positioning booster seat with a lap and shoulder belt until the seat belt fits properly, typically when a child is approximately 4 feet 9 inches and between 8 and 12 years of age.



**Seat Belt:** When children outgrow their belt-positioning booster seat, secure them in a properly fitted lap and shoulder belt. A lap and shoulder belt fits properly when the lap belt lays low and snug across the hips/upper thighs and the shoulder belt fits across the center of the chest and shoulder.



**Children younger than age 13 should ride in a back seat.**



## Checklist for Transporting Children

### Rear-Facing Checklist:

- Child's head is at least one-inch from the top of the shell of the car seat.
- Harness straps are positioned **at or below the shoulder.**
- Harness straps lay flat and fit snugly on the child with the harness retainer clip at armpit level.
- Seat belt or lower anchors in the correct belt path are locked and tight with less than one inch of side-to-side movement when pulled at the belt path.
- Read and follow the car seat manufacturer's instructions for an acceptable rear-facing recline angle.

### Forward-Facing Checklist:

- Child's ears should not be above the top of the shell of the car seat.
- Harness straps are positioned **at or above the shoulder.**
- Harness straps lay flat and fit snugly on the child with the harness retainer clip at armpit level.
- Seat belt or lower anchors in the correct belt path are locked and tight with less than one inch of side-to-side movement when pulled at the belt path.
- Tether should be used following the manufacturer's instructions.
- Read and follow the car seat manufacturer's instructions to determine the appropriate upright or semi-upright angle.

### Belt-Positioning Booster Seat Checklist:

- ALWAYS used with the vehicle's lap and shoulder belt.
- Shoulder belt is snug across the center of the child's shoulder and chest.
- Lap belt is low and snug across the child's hips/upper thighs.

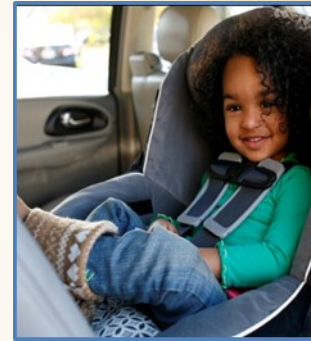
### Seat Belt Checklist:

- Able to sit with back and hips against the vehicle seat back without slouching.
- Knees easily bend over the front edge of the vehicle seat and feet flat on the floor.
- Snug shoulder belt across the center of the chest and shoulder.
- Snug lap belt low across the hips/upper thighs.
- Able to stay in position for the entire ride.

**Right Seat + Right Time + Right Use = Reducing Car Crash Injury.**

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## Rear-Facing



Secure children in a rear-facing car seat until 2 years of age or until the maximum weight or height allowed by the manufacturer of the car seat. Children younger than 1 year should always ride in a rear-facing car seat. **Never** place a rear-facing car seat in the front seat with an active passenger-side front air bag. All children younger than age 13 should ride in a back seat.

### Here's What to Do:

- ◆ Use a rear-facing car seat:
  - In the back seat for as long as possible.
  - Up to the rear-facing weight or height limits, even beyond the age of 2.
- ◆ If your child outgrows their rear-facing car seat before age 2, use a car seat with a higher weight and/or height limit to keep the child rear-facing longer.
- ◆ Leg crowding is expected and does not cause harm as long as the child is within the weight and height limits for the car seat.



## Rear-Facing

*Traveling rear-facing is safer than forward-facing.*

### Rear-Facing Checklist:

- Child's head is at least one-inch from the top of the shell of the car seat.
- Harness straps are positioned **at or below the shoulder.**
- Harness straps lay flat and fit snugly on the child with the harness retainer clip at armpit level.
- Seat belt or lower anchors in the correct belt path are locked and tight with less than one-inch of side-to-side movement when pulled at the belt path.
- Read and follow the car seat manufacturer's instructions for an acceptable rear-facing recline angle. When checking the recline angle, the vehicle must be on level ground.

### Here's Why:

- ◆ The rear-facing car seat absorbs the crash forces.
- ◆ The head, neck, and spine are supported by the shell of the rear-facing car seat reducing harm to the child.
- ◆ Children younger than 2 years are more likely to be injured if they are secured forward-facing.

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## Forward-Facing



When children outgrow the rear-facing car seat, secure them in a forward-facing child safety seat with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of the car seat. All children younger than age 13 should ride in a back seat.

### Here's What to Do:

- ◆ Use a forward-facing car seat with a harness as long as possible up to the upper weight or height limits for the harness.
- ◆ Secure the car seat with the seat belt or LATCH system in the back seat.
- ◆ Use the tether when securing a forward-facing car seat.



## Forward-Facing

*Forward-Facing car seats reduce the risk of injury for children by 71% compared to children using the seat belt only.*

### Forward-Facing Checklist:

- Child's ears should not be above the top of the shell of the car seat.
- Harness straps are positioned **at or above the shoulder**.
- Harness straps lay flat and fit snugly on the child with the harness retainer clip at armpit level.
- Seat belt or lower anchors in the correct belt path are locked and tight with less than one-inch of side-to-side movement when pulled at the belt path.
- Tether should be used following the manufacturer's instructions.
- Read and follow the car seat manufacturer's instructions to determine the appropriate upright or semi-upright angle when installing the car seat in the forward-facing position.

### Here's Why:

- ◆ The car seat harness:
  - Spreads the crash forces over the strong parts of the child's body.
  - Holds the child in the car and keeps the body positioned in a crash.
- ◆ The tether limits head injuries by reducing movement in a crash.

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## Belt-Positioning Booster Seat



Once children outgrow their forward-facing car seat, secure them in a belt-positioning booster seat with a lap and shoulder belt until the seat belt fits properly, typically when a child is approximately 4 feet 9 inches and between 8 and 12 years of age. All children younger than age 13 should ride in a back seat.

### Here's What to Do:

- ◆ Use a belt-positioning booster seat in the back seat until the seat belt fits.
- ◆ Belt-positioning booster seats raise and position a child so the vehicle's lap and shoulder belt fit properly over the strong parts of a child's body.
- ◆ The lap belt must be snug across the hips/upper thighs.
- ◆ The shoulder belt must be snug across the shoulder and chest.



## Belt-Positioning Booster Seat

*Booster seats lower the risk of injury for children age 4 to 8 years by 45% compared to children using the seat belt alone.*

### Belt-Positioning Booster Seat Checklist:

- The belt-positioning booster seat is ALWAYS used with the vehicle's lap and shoulder belt.
- Shoulder belt is snug across the center of the child's shoulder and chest.
- Lap belt is low and snug across the child's hips/upper thighs.

### Here's Why:

- ◆ A belt-positioning booster seat raises the child up so the seat belt rests on the strong parts of the body which reduces stomach, neck and spine injuries.
- ◆ The correctly positioned shoulder belt keeps children from putting the shoulder belt under their arm or behind their back, which is harmful in a crash.

*Note: Most children need to ride in a booster seat until age 10 - 12.*

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## Seat Belt



When children outgrow their belt-positioning booster seat, secure them in a properly fitted lap and shoulder belt. A lap and shoulder belt fits properly when the lap belt lays low and snug across the hips/upper thighs and the shoulder belt fits across the center of the chest and shoulder. All children younger than age 13 should ride in a back seat.

### Here's What to do:

- ◆ Use a correctly fitted lap and shoulder belt in the back seat for children when they outgrow the booster seat.
- ◆ Use the seat belt when the child is:
  - Tall enough to sit on the vehicle seat without slouching.
  - Able to keep their back against the vehicle seatback.
  - Able to keep their knees naturally bent over the front edge of the vehicle seat.
  - Able to keep their feet flat on the floor.
- ◆ The lap belt must be snug over the hips/upper thighs, not the stomach.
- ◆ The shoulder belt must be snug across the shoulder and the chest.



## Seat Belt

*Lap and shoulder seat belts reduce the risk of fatal injury by 45%.*

### Seat Belt Checklist:

- Seat belts can be used safely when the child is able to:
  - Sit with their back and hips against the vehicle seat back without slouching.
  - Bend their knees over the front edge of the vehicle seat.
  - Keep their feet flat on the floor.
  - Place the snug shoulder belt across the center of the chest and shoulder.
  - Place the lap belt low and snug across the hips/upper thighs.
  - Stay in position for the entire ride.

### Here's Why:

- ◆ A seat belt:
  - Keeps the child in the vehicle.
  - Spreads the crash forces.
  - Protects the head and spine.
- ◆ The back seat is:
  - Nearly two times safer.
  - Away from frontal crash forces and frontal air bags.

*The lap and shoulder belt should always be used for optimal protection.*

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