

HARNESSING TIPS FOR CHILDREN IN A CAR SEAT WITH A HARNESS

A car seat harness keeps a child secured in the car seat in the event of a crash.



Harness Fit

Secure infants and toddlers in a rear-facing car seat until they reach the highest weight or height allowed by the manufacturer of the car seat.

- The child's head should be at least one-inch below the top of the car seat shell.

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

- The mid-point of the back of the child's head or the top of the ears should not be above the shell of the car seat.



Harness Placement

Rear-Facing: The harness straps are threaded through the slots that are **at or below** the child's shoulders.

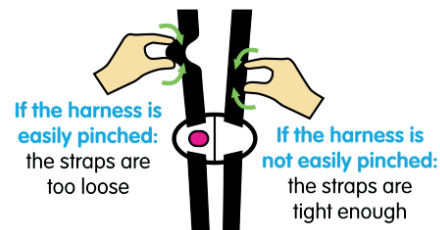
Forward-Facing: Harness straps are threaded through the slots that are **at or above** the child's shoulders.



Harness Tightness

The harness is snug and extra webbing cannot be pinched between the thumb and forefinger.

- A snug harness does not permit excess webbing to be pinched at the shoulders once the harness is buckled and correctly tightened.



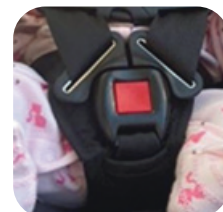
Chest Clip Placement

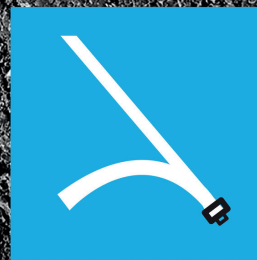
The chest clip holds the harness shoulder straps together over the child's chest. Position the chest clip at armpit level.

Buckle Position

Buckle webbing is threaded through the buckle slot that is closest to child's body.

- The child should not be sitting on the buckle webbing strap.





SEAT BELTS AND PREGNANCY

If pregnant, should you wear a seat belt?

YES—Doctors recommend it. Buckling up through all stages of pregnancy is the single most effective action you can take to protect yourself and your unborn child in a crash.

Here are some tips for wearing a seat belt while pregnant:

Lap belt: Position the lap belt snugly below your belly, across your thighs, and over your pelvis, but not your bump. It should be low and touch your hip bones. Avoid wearing the lap belt above or across your belly.

Shoulder belt: Position the shoulder belt snugly between your breasts and off to the side of your belly. It should cross the center of your shoulder and chest, but not cut across your neck. If it does, you can try repositioning your seat or the belt. Don't put the shoulder belt under your arm or behind your back.

Tightness: Wear the seat belt as tightly as possible so your body's frame can absorb the forces of a sudden impact.

Position: Sit as far back from the steering wheel as possible so it does not touch your abdomen.

Air Bags: If you're riding in the front seat, do not turn off the air bags. In fact, doctors recommend that pregnant women wear seat belts and leave air bags on because they work together to provide the best protection.

Should a pregnant mom adjust the seat?

