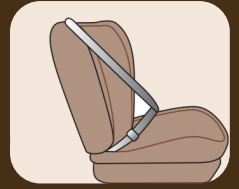


# Vehicle Seat Belt Basics



## Selection

- ◆ When children outgrow the belt-positioning booster seat, secure them in a properly fitted lap and shoulder belt.
- ◆ A lap and shoulder belt fits correctly when the lap belt lays low and snug across the hips, touching the upper thighs and the shoulder belt fits across the center of the chest and shoulder.
- ◆ Lap and shoulder seat belts reduce risk of injury for children by 45%.



A vehicle seat belt is safe for a child when:



Without slouching, their back is in contact with the vehicle seat when seated.



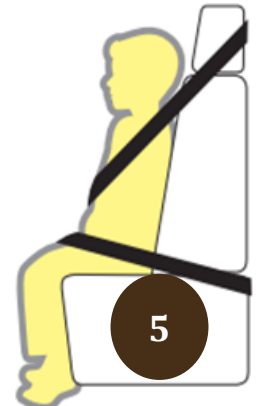
Their knees bend over the front edge of the vehicle seat and their feet are flat on the floor.



The lap belt lies low and snug across the hips, touching the upper thighs.



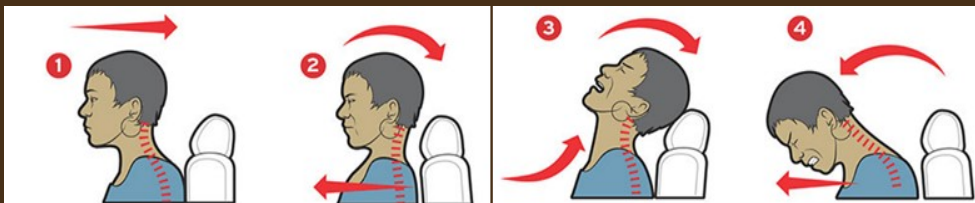
The shoulder belt lies snugly across the center of the chest and shoulder.



The child can stay seated with the lap and shoulder belt correctly positioned for the entire trip.

## CORRECT HEAD RESTRAINT

A head restraint that is too low or far back will not protect your head and neck in a crash.

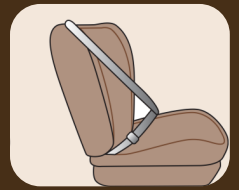


The four images illustrate a typical impact.

## Direction - Location

- ◆ Secure all children younger than 13 years in the back seat of vehicles for the best protection.
  - ◆ If a child is secured in the front seat, move the vehicle seat back as far as possible.
- ◆ Confirm the child's ears are not above the back of the vehicle seat or head restraint.
  - ◆ If the head restraint is adjustable, change the height so it is positioned behind the child's head.

# Vehicle Seat Belt Basics



Adjust the head restraint height so that it is directly behind and close to the child's head.

Lap belt is positioned low, across the child's hips, touching the upper thighs.



Shoulder belt is placed across the center of the chest and shoulder and in contact with the child's shoulder.

**Note:**  
Drivers who buckle up are more likely to have child passengers who buckle up.

## Tips to Achieve Correct Use of a Seat Belt

### Selection

- Secure children in a seat belt when they are big enough for the seat belt to fit correctly.
- Select a seating position that has a lap and shoulder belt.
  - Select a lap only belt seating position if necessary. A lap belt provides no upper body protection, but is better than no seat belt.

### Direction

- Secure the seated child forward-facing on the vehicle seat.
- Confirm the child has appropriate head support from the vehicle seat or head restraint.

### Location

- Select a seating position with a lap and shoulder belt.
- Confirm the child has appropriate head support from either the vehicle seat or head restraint.
  - The top of the child's ears should not be above the vehicle seat or head restraint. Position the head restraint:
    - At least as high as the top of the ears, and preferably the top of the head, and
    - As close to the back of the head as is comfortable.
- Secure all children younger than 13 years in the back seat of vehicles for best protection.

### Harness Adjustment and Fit

- Confirm the lap and shoulder belt are laying flat against the child's body, positioned across the center of the chest and low and snug across the hips.
  - Confirm the shoulder belt is not placed under the arm or behind the back.

### Installation

- Read the vehicle owner's manual for information on adjusting the lap and shoulder belts and the head restraint.
- Always use a lap and shoulder belt to secure a child.
- Confirm that a child is seated in the proper position for the length of travel.

## Air bags are Designed to Work with Seat Belts



- ♦ Air bags are designed to work with seat belts.
- ♦ Both frontal and side-impact air bags are generally designed to deploy in moderate to severe crashes and may deploy in even a minor crash.
- ♦ Air bags reduce the chance that your upper body or head will strike the vehicle's interior during a crash.
- ♦ Read the vehicle owner's manual for information about air bags in the vehicle.