

KIDS AND CARS:

Growing and Going Safely

Rules for riding safely

- Everyone always buckles up – even on short trips
- Seat belts, air bags, and child car seats protect you only if you use them correctly.
- Washington's law states that everyone in the car must be **properly** buckled up.
- Whenever possible, all children should ride in the rear seat of the vehicle.
- Babies must ride rear-facing until one year of age or 20 lbs.
- Children 1-4 years of age (or 20-40 lbs.) ride forward-facing in a child car seat.
- Children 4-6 years of age (or 40-60 lbs.) must ride in a Booster Seat **if the vehicle has both shoulder and lap belts where the child rides. Children riding in vehicles with lap-only belts cannot use a Booster Seat, so the law does not require the child to have one.**
- Children who have reached either 6 years of age **or** 60 lbs. must then use a **properly adjusted seat belt or a Booster Seat.**
- Pregnant women should wear both the lap and shoulder parts of the seat belt. The lap belt should fit snug and low under the belly.

If your car has air bags remember:

- Everyone must buckle up.
- Air bags offer **extra** protection, they don't **replace** seat belts.
- Air bags inflate forcefully.
- **WARNING!** Never use a rear-facing child car seat in the front seat if there is an air bag installed unless the air bag is turned off. Infants can be killed or seriously injured if the air bag hits the back of their car seat.



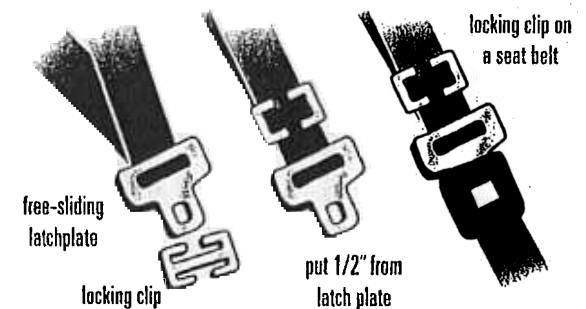
With or without an air bag, the safest place for kids is the back seat!

- Air bags were designed for adults. Even children properly buckled up in forward-facing child car seats, boosters or seat belts may be at risk.
- Children younger than 13 years of age should not ride where there is an active front passenger air bag.
- If older children must ride in the front seat, make sure they are properly buckled up. Move the vehicle seat as far away from the dashboard as you can.

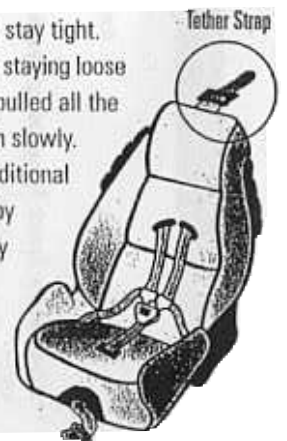
For free air bag warning stickers, call (425) 828-8975 or 1-800-282-5587

There are many ways to hold the car seat firmly in your car.

- ALWAYS READ:
 - Child car seat instructions
 - Vehicle manual
 - Any labels on the seat belts
- Some seat belts can be pulled tight and will stay tight.
- Other seat belts have one long strap that slides through the latchplate. This style belt may need a locking clip to hold the car seat firmly. Your vehicle manual and child car seat instructions will tell you which seat belts need a locking clip.



- Some seat belts retract and stay tight.
- Other seat belts switch from staying loose to locking when the belt is pulled all the way out and then let back in slowly.
- Some cars must have an additional buckle or belt piece added by your vehicle dealer to tightly hold car seats. Refer to vehicle manual.
- A tether strap reduces the forward movement of your child's car seat



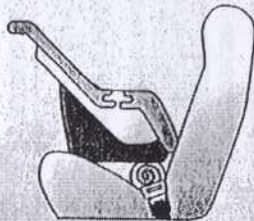
Give children the "best" protection as long as possible

Babies up to 20 lbs. (and at least one year of age) should use an Infant or Convertible Seat.



If baby's head is one inch from top of Infant Seat or baby weighs 20 lbs. before one year of age, use a Convertible Seat that goes to 30 lbs. or more, in the rear-facing direction.

- Seat faces rear of vehicle.
- Rear-facing seats should be reclined.
- Add blankets over harness, not under it.



A tightly rolled towel may be used under seat to keep the base level.

Children over one year of age (20-40 lbs.) should use a Forward-Facing Seat with harness.

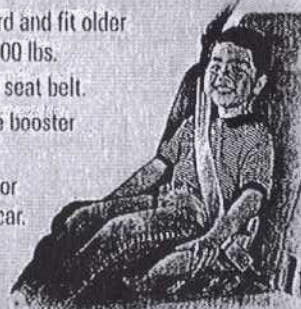
- Seat faces forward.
- Convertible Seats should sit upright.
- Use until:



- child is at least 40 lbs., or
- child's shoulders are above top harness strap slots, or
- top part of child's ears are above top of seat.

Children over 40 lbs. should use a Booster Seat to make the lap and shoulder belt fit properly. Use until child is about 4'9" tall or can pass the 5-Step Test (see below).

- Booster Seats face forward and fit older kids until they weigh 80-100 lbs.
- Never use with a lap-only seat belt.
- Look for a label saying the booster is for use in automobiles.
- Never use a pillow, book, or restaurant booster in the car.



How do I know when my child can safely use a seat belt? Try this 5-Step Test:

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the lap belt stay on the top part of the thighs?
4. Is the shoulder belt centered on the chest and shoulder?
5. Can the child stay seated like this for the whole trip?

If you say no to **any** of these questions, **or** if your child puts the shoulder part of the seat belt under their arm or behind their back, your child still needs a Booster Seat.

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Everyone who uses a seat belt must wear it correctly!

- Never let two people share one seat belt!
- Wear the lap belt low on the hips and across the top of the thighs. A belt worn on the tummy can cause serious injury!
- Adjust lap and shoulder belts **snugly**.
- The shoulder belt should not cross face or neck.
- **WARNING!** Never put shoulder belt under the arm or behind the back. A child not tall enough for the shoulder belt should use a Booster Seat.



The harness holds your child in the seat.



Threaded correctly, the plastic harness clip looks like this.

- Rear-facing, harness straps should be at or just below baby's shoulders (per car seat instructions).
- A plastic harness clip is used with most car seats. It holds the harness on the shoulders. Place it at armpit level.
- The harness must fit snugly! There should be no slack.

- Straps should be flat, not twisted.
- Forward-facing harness straps must be in the **top slots** unless the instructions say otherwise. Straps must also be at or above the child's shoulders.



- On some car seats a harness strap adjuster fastens and locks the harness onto the seat. It must be threaded as shown in your instructions.



Two examples of how harness strap adjusters may be threaded

Child car seats protect well, but only if used correctly.