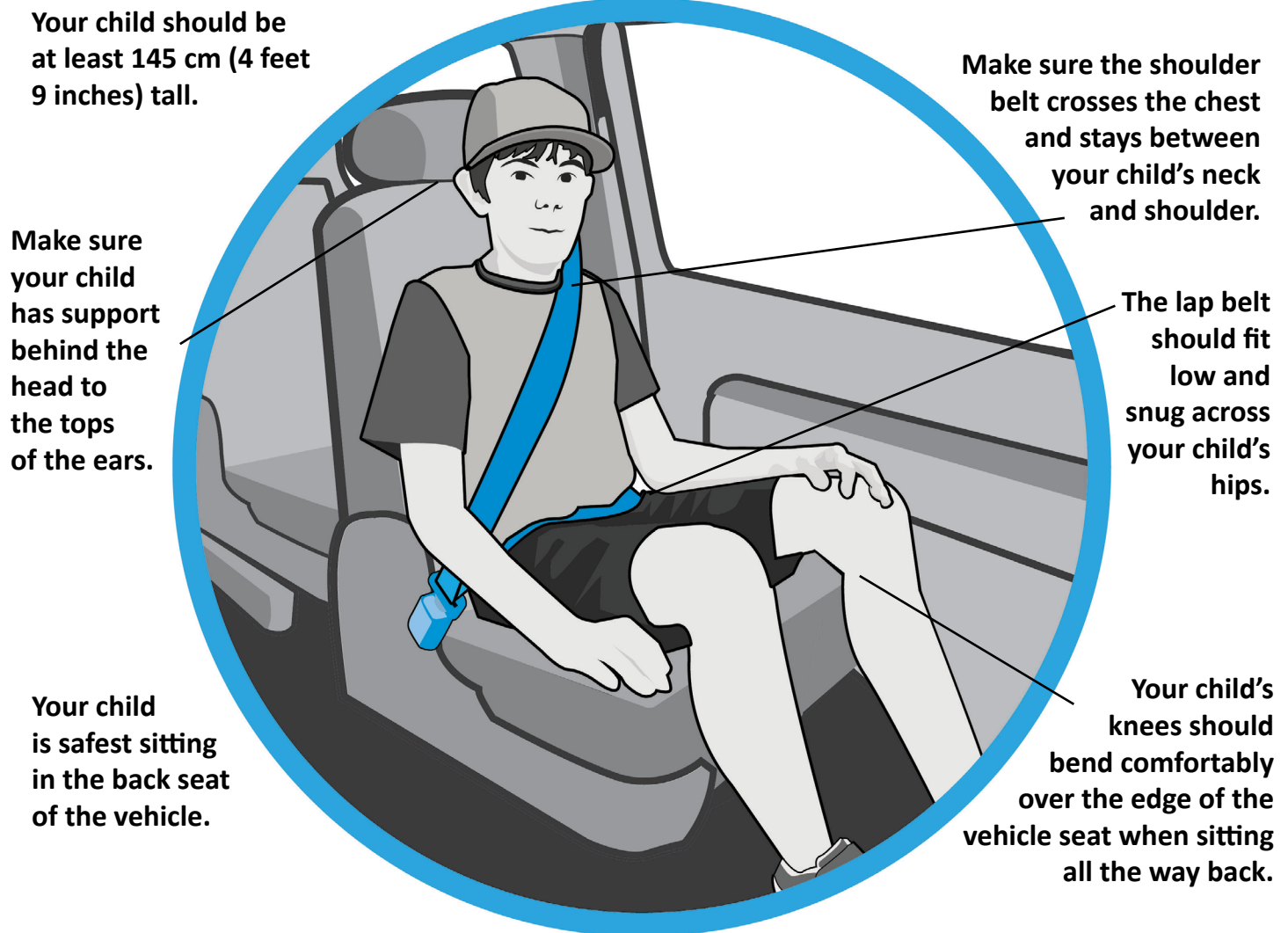


# How to keep your child safe in the car

Once your child is taller than 145 cm (4 feet 9 inches), it may be time to move to a regular seat belt. If a child does not yet fit the seat belt as described below, use a booster seat. Your child is safest in the back seat until they are 13 years old.

## How your child's seat belt should fit



**If your child does not fit the seat belt like this, use a booster seat.**

# How to keep your child safe in the car

## When is your child ready for a seat belt alone?

- Is your child at least 145 cm (4 feet 9 inches) tall?
- When your child is sitting all the way back, do their knees bend comfortably over the edge of the seat?
- Does the lap belt stay low across the hips?
- Does the shoulder belt cross the chest and stay between the neck and shoulder?
- Can your child sit like this for the whole trip without slouching?

**Until your child can meet these 5 steps, continue to use a booster seat on every ride.**



## What are the risks of using a seat belt too soon?



- Children who use a seat belt before they are ready are at risk for injuries to the head, neck, spinal cord and internal organs.
- A booster seat boosts a child up so that the seat belt fits across the strongest bones and away from the soft belly.
- A child may pass all 5 steps (above) to use a seat belt in one car, but still need to use a booster seat in another vehicle.