



## Kootenai Car Seat Safety

### FREE Car Seat Inspections - By Appointment Only

Four out of five car seats on the road today are not being used correctly. To help change that, Kootenai Health, lead agency for Safe Kids Kootenai County, offers FREE car seat inspections to the community. Just bring your child and your car seat, and one of our certified technicians will make sure it's installed properly.

**For specific dates and times, call 208.625.4642.**

We'll help you ensure the safest ride for your most precious cargo.

Choose the right car seat according to your child's age, weight and height.\*

Child's age & weight	Type of seat
Newborn to 2+ years old or 40 pounds	Rear-facing infant to rear-facing convertible
3 years old to approximately 4+ years old	Rear-facing or forward-facing with harness
4-8 years old	Forward-facing with harness or booster seat
8+ years old	Booster seat
Over 4 feet 9 inches tall	Lap/Shoulder Belt

\*Refer to your car seat instruction manual for specific guidelines.

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# 10 Car Seat Safety Tips

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1. Read both the car seat and vehicle manufacturer's installation instructions.
2. Have your car seat inspected by a Certified Car Seat Technician.
3. Never use a second hand car seat unless its history is well known.
4. Car seats expire! Usually six years from the manufacturer's date.
5. Refer to the car seat manufacturers guidelines regarding using a car seat following a crash.
6. Never let children ride in the car unrestrained, even if they refuse or complain.
7. Never let a child position a shoulder belt under their arm or behind their back.
8. Remember, a child needs to be at least 57" tall (4'9") to ride safely in a seat belt.
9. Children under the age of 13 years old should ride in the back seat.
10. **Prevent Heatstroke.** Never leave your child alone in a car, not even for a minute.

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