

Is Your Child Ready for a Seat Belt?



Take the seat belt fit test:

- ▶ Does your child's knees bend over the edge of the seat when their backs and bottoms are against the vehicle seat back?
- ▶ Are their feet flat on the floor?
- ▶ Does the lap belt lie snug across the upper thighs – NOT the stomach?
- ▶ Does the shoulder belt lie snug across the shoulder and chest - NOT across the neck or face?
- ▶ Can the child stay seated this way for the entire trip?

If you answered “NO” to any of these questions, then your child needs a booster seat to properly position the seat belt over the strongest parts of their body to protect them in an event of a crash.

Seat belts don't fit children correctly until they are at least 57" (4'9") tall.

If you find that your child is placing their shoulder belt behind their back or under their arm then the seat belt may be in the wrong position. Using a booster seat will correctly place the lap/shoulder belt in the safest positions.

- ▶ Boost seats position the lap/shoulder belt to fit properly over the strongest parts of the child's body.
- ▶ Boost seats are used for those children who are too big for a car seat and too small for a seat belt.
- ▶ Boost seats, if backless, should be used with a properly adjusted head rest.
- ▶ Boost seats should never be used with just a lap belt.

Kids are VIPs – just ask them.

VIP's ride in the back seat, so keep all kids in the back seat until they are 13 years old. It's twice as safe as the front seat.

For more information, contact Injury Prevention Services at (208) 625-5722.



KootenaiHealth

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