

CAR SEAT SAFETY

INFORMATION + STATISTICS

CRASH INJURIES

are the leading cause of death among children in the US¹



Car seats can reduce that risk by up to

71%

when installed **CORRECTLY**²

90%

of parents **THINK** their child is riding safely in their car seat¹ but...



only **1** out of **4** car seats are installed **CORRECTLY**¹

PROPER FIT AND INSTALLATION ARE CRUCIAL TO YOUR CHILD'S SAFETY. WHEN SHOPPING FOR A CAR SEAT, CONSIDER THESE 5 STEPS.

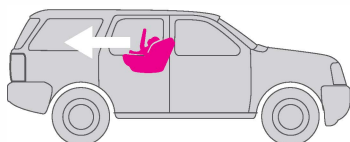


SELECTION FIND THE BEST CAR SEAT.

Choose the one that best fits your child and your vehicle. All current car seats are required to pass government safety standards. It's important to select a model that you are comfortable installing correctly on your own. Make sure the features are easy to use and understand.

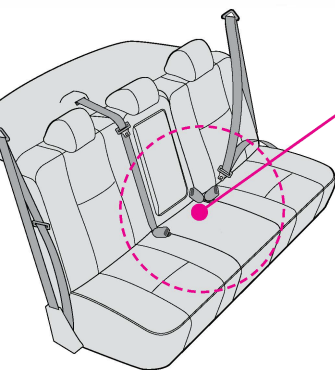
DIRECTION REAR-FACING IS SAFEST.

Keep your child rear-facing until age 2 or until they reach the maximum weight or height allowed by the car seat manufacturer. Advancing a child to a forward facing car seat before they are ready puts them at greater risk for injury in a crash.



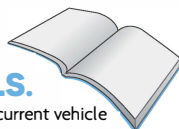
LOCATION REAR CENTER IS IDEAL.

Whenever possible, position your child in the rear center seating position. This is the best protection from side impact crashes. The back seat is the safest place for all children under the age of 13!



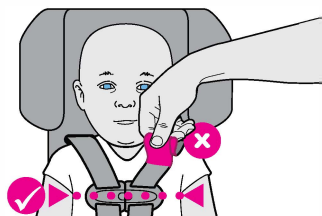
INSTALLATION READ MANUALS.

Stay up to date and read your current vehicle and car seat manuals for proper use instructions.



PROPER FIT POSITION HARNESS STRAPS PROPERLY.

The harness should be at or slightly below the child's shoulders when rear-facing. This will prevent the child from sliding upwards in the event of a crash. (For older children who are forward-facing, place harness at or above the child's shoulders.) Harness should be snug so that you cannot pull the strap from the body and pinch the fabric together. The straps should be flat and untwisted.



¹ National Highway Traffic Safety Administration, ² Centers for Disease Prevention and Control

SAFETY CHECKLIST

It's easier than you think to ensure your seat is properly installed. Simply follow the checklist below!

- Always wear your seatbelt.**
Children are more likely to buckle up if you do.
BE THE EXAMPLE!
 - Place chest clip at armpit level.**
Not too high or too low. Avoid placing the chest clip around the stomach area to avoid organ damage in the event of a crash.
 - Installation should be tight.**
The base of the seat should not move more than an inch side-to-side or back-and-forth .
 - Recline infant seat correctly.**
Rear-facing children are usually reclined no more than 45°.
 - Store loose objects in trunk.**
Anything unrestrained in the vehicle can become a projectile.
 - Use only manufacturer-approved products.**
Toys and accessories are not crash tested with the seat.
 - No bulky clothing under harness.**
Too much padding can give a false sense of tightness.
 - Car seats expire (usually 6 years).**
The expiration date can be found on the car seat label or in the manual. Call the manufacturer if you can't find it.
 - Use the seat correctly every ride.**
Even when you are only driving short distances or around the community, take your time, don't rush!
 - Check installation often.**
Adjust harness, check straps, and review safety guidelines.
-

RESOURCES

Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) <http://www.aastec.net/>

CDC Roadway to Safer Tribal Communities Toolkit
<https://www.cdc.gov/motorvehiclesafety/native/toolkit.html>

CDC Tribal Motor Vehicle Injury Prevention: Best Practices Guide 2016
https://www.cdc.gov/motorvehiclesafety/native/best_practices_guide.html

CONTACT:

For more information contact, Jerrod Moore, Tribal Injury Prevention Program Coordinator at jmoore@aaihb.org or 505-764-0036

