Healthy You: Quick Facts

Belt, buckle & boost: Keep kids safe in the car

hoosing the right car seat and using it correctly every time your child rides in your car is important. Car seats and booster seats can protect your little ones. They are especially important during motor vehicle crashes. Nearly half of all kids who die in car crashes are not restrained. Using a car seat can save their life or prevent them from getting hurt.



All photos courtesy National Highway Traffic Safety Administration

Quick facts on child car seats

Most car seats are installed the wrong way. Many fire stations, police stations and health departments offer free car seat safety checks. You can ask them for help to install and check yours.



There are different kinds of car seats based on your child's size. They include infant and toddler seats, booster seats and seat belts. Always follow the official safety guides.

As kids grow, the type of car seat they use changes. Don't move them to the next type of safety seat until they have outgrown the size limits as noted by the manufacturer.



Always remember to keep children in the back seat, preferably in the middle, until they are at least 13. Kids younger than that should never sit in the front seat of a car.

Be careful with used car seats. Be sure you know the history of a used seat and can guarantee that it has never been in a crash. Look for a label and check for recalls. Register your seat online.

>> For more car seat safety information, visit www. nhtsa.gov/therightseat