

CHILD CAR SEAT SAFETY BASICS

General Information

Always ensure your car seat is:

- Approved for use in Canada
- Has not passed its expiry date
- Not on Canadian recall list (check Transport Canada)
- Installed properly (contact a Child Passenger Safety Technician at <http://www.cpsac.org/findatech>)

Types of Child Seats

Rear-Facing



Use as long as child fits within the limits of the seat. It is safe for the child's legs to touch the back of the seat.

Forward-Facing



Keep your child in a 5-point harness until they weigh at least 40 lbs and have the maturity to sit in a booster.

Booster



A booster seat must always be used with a lap/shoulder belt and never with a lap-only belt.

Installation

All car seats ***must be*** properly installed or inspected by a qualified individual/organization.

You can have your car seat properly inspected at your local:

**Fire Department
BCAA
Family Resource Centre**

Or find a certified individual online at:
<http://www.cpsac.org/findatech>

When to move out of a child seat:

5-Step Test

1. **Back:** against the vehicle seat, no slouching



2. **Knees:** bent comfortably over the edge of the seat



3. **Lap belt:** low on the child's hips, touching the thighs, never on the belly



4. **Shoulder belt:** touching the chest and crossing between the child's neck and shoulder



5. **Stay seated:** able to hold this position the entire ride

