

# Car Seat Safety

## Ages 5-9

*Please check your state's law to make sure your child is using the right seat for their age and weight. Make sure the child is riding in the back seat using a car seat or booster seat with a lap and shoulder belt.*

### Choosing a Car Seat Combination

- A child who is small for their age may still need to be in this type of seat.
- This seat has a 5-point harness that can be used up to a certain weight limit (40-80 pounds).
- It is safer to keep your child in a 5-point harness longer than to put them in a booster seat too early.
- Once the child reaches the upper weight limit of the harness, they can usually begin to use the seat as a booster seat.
- The seat is then used with a lap and shoulder belt to keep the child secure.

### Booster Seat

- Booster seats are typically used for children aged 4 years up to 8 years of age. They can be used from 40 pounds to 80-120 pounds and the height of 4'9".
- They boost the child up to help the vehicle's seat belt fit better.
- Check the manufacturers' instructions for weight and height requirements, for your child's seat.
- There are two types of booster seats: (1) **No Back**: Can be used if there are headrests in the seat where the child sits. (2) **High Back**: Must be used if there are NO headrests in the seat where the child sits. This seat is also nice for children who still like to take naps in the car, as it helps to better protect their head and neck while they sleep.



### Using a Car Seat or Booster Seat

- The harness straps should be at or just above the child's shoulders in a forward-facing car seat.
- The retainer clip, or chest clip, should be at armpit level or across the nipple line.
- The harness straps should be snug so that you can't pinch any excess webbing at the child's shoulders.
- Remind your child to NEVER put the shoulder part of the seat belt behind them. This will not protect them if they are in a car crash.

### Proper Installation is Key

- Before installing the seat, read both your car and the car seat's instruction manuals to make sure the seat is installed properly.
- Make sure to use either the LATCH system or the seat belt.
- Make sure your child's car seat is checked by a certified seat technician!
- To find a fitting station near you, call your local fire or police station or visit [www.cincinnatichildrens.org/ccic](http://www.cincinnatichildrens.org/ccic).

### Other Helpful Tips

- Never purchase a used car seat—you may not know the history of the seat!
- Never use anything with the car seat that was not originally sold with the seat. When car seats are tested for safety, they are crash-tested with only the products that come with the seat.
- Check your state's booster seat laws to make sure you are following the law!

For more information, please contact the Comprehensive Children's Injury Center at 513-636-7865, Option 1.