

CAR SAFETY

CAR SEATS:

- Make sure the car seat is the right seat for your child's age, height and weight.
- Infants and toddlers should be in a rear-facing car seat until they are at least 2 years old or until they reach the highest weight or height limit for their car seat. This provides the most protection for their head, neck and spine.
- For most children, forward-facing car seats can be used from age 2 until the child is at least 4 years old. Many forward-facing seats with harnesses can go up to 65 pounds or more.
- Children under the age of 13 should ride in the back seat, away from the front seat air bags.

BOOSTER SEATS:

- Children should not be moved into a booster seat until they are at least 4 years old and exceed the height and weight limit for their forward-facing seat.
- Use both the lap belt and the shoulder belt with the booster seat. The lap belt should fit low and tight across the hips. The shoulder belt should fit snug across the shoulders, and and chest, and stay clear of the neck or face. It should not be placed under the child's arm or behind the child's back.
- If you can't get the seatbelt to sit properly, your child may not be ready for a booster seat, and should be kept in a car seat.

SEATBELT-READY:

- Children should use a booster seat until they are about 4'9" tall and weigh at least 80 pounds.
- The seatbelt alone is safe to use when your child can meet ALL 3 of the following criteria:
 - Your children's knees bend at the edge of the seat when their backs and bottoms are against the back of the seat.
 - The lap belt fits low across the upper thighs.
 - The shoulder belt fits across the shoulder and chest, staying clear of the face and neck.

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HEATSTROKE:

- NEVER leave your child alone in a car. Even with a window cracked, it is possible for them to become overheated.
- Make it a habit to always check the back seat before you lock your car. Remind yourself to check the back seat by putting something that you will need, such as your purse or cell phone, next to your child, especially on days when you are breaking routine.
- Teach kids that cars and car trunks are not safe places to play.
- Lock the car when you're not using it, and make sure all keys and remote entry fobs are out of children's sight and reach.
- Show older kids how to locate and use the glow-in-the-dark emergency trunk release, so that they know what to do in case they do become trapped. Cars made after September 1, 2001 will have these.

DRIVEWAYS & PARKING LOTS:

- Before getting into your car, walk all the way around it to make sure there are no children under or behind the car. If children are outside, have them stand away from the car with another adult, until you have left the driveway.
- When possible, park your car so that you can pull forward instead of having to back out. If you need to back out, check all mirrors, and do so carefully.
- Try not to use the driveway for play. It is better to find a safe spot for your child that is away from all parked or moving cars.
- Pick up any toys, bikes, chalk or other play items near the driveway that could attract children.
- Help your children in and out of the car. Firmly hold their hands when you are around moving cars, and be sure that your child is visible to other drivers.

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