

There is nothing worse for a parent than losing a child. Now, imagine if that tragedy could have been prevented.



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## Here to help

Certified car seat technicians are available to help you inspect your car seat to make sure it's properly installed. Call your nearest HealthONE Hospital for assistance or for further information. We provide education for every age child. Appointments usually take about 30 minutes. Please bring your car seat and vehicle instruction manuals to your appointment for reference.

For additional information, please visit:  
[HealthONEInjuryPrevention.com](http://HealthONEInjuryPrevention.com) or [SaferCar.gov](http://SaferCar.gov)

HealthONE Trauma Centers are acclaimed referral centers serving trauma and neurotrauma patients throughout the Rocky Mountain region. HealthONE Trauma Centers provide experienced physicians you can trust, facilities that provides leading-edge technology and staff that cares for patients and families.

In addition, HealthONE provides educational outreach programs and information on a variety of trauma-related topics, including car seat safety, wheeled and pedestrian sports, adult fall prevention and seasonal activities.



**Rocky Mountain  
Hospital for Children**

[RockyMountainHospitalForChildren.com](http://RockyMountainHospitalForChildren.com)



**Injury Prevention**

[HealthONECares.com](http://HealthONECares.com)  
[HealthONEInjuryPrevention.com](http://HealthONEInjuryPrevention.com)

## Car Seat and Booster Basics



**Rocky Mountain  
Hospital for Children**



More than 90% of car seats are used and/or installed incorrectly. Make sure your child's restraint is the correct one.



**REAR FACING**  
2 years  
or more



**FORWARD FACING**  
2- 4 years  
or more



**BOOSTER SEAT**  
4-8 years  
or more

## HealthONE best practice recommendations for safe travel in cars: Mandatory Restraints

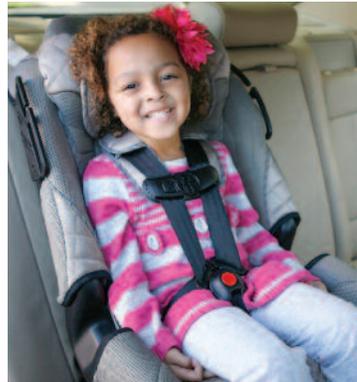


**Type:**  
Rear-facing child seat

**Age:**  
Newborn to 2 years

**Weight/Height:** At least 20 pounds and is secured in the back seat

**Recommendations\*:** Restrain your infant in a rear-facing car seat as long as possible for the best protection in a crash. Many car seats allow children to ride rear-facing up to 35 pounds or more.



**Type:** Forward-facing child seat

**Age:**  
1 -4 years or more

**Weight/Height:**  
20 - 40 or more pounds

**Recommendations\*:** Restrain your child in a "5-point" harness system until they are at least 40 pounds. Use upper-tether straps where applicable (refer to your car seat and vehicle owner's manual for more information.)

\* Safety advocates include the American Academy of Pediatrics, the National Highway Traffic Safety Administration and SAFE KIDS WORLDWIDE

Buckle up, it's the law!  
Never allow your children to play in or around cars.

**Type:**  
Booster child seat

**Age:**  
4-8 years or more

**Weight/Height:** Over 40 pounds, but less than 55" (4'7")

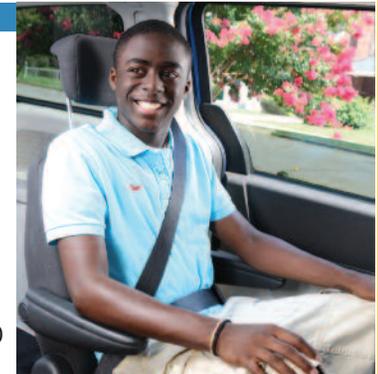


**Recommendations\*:** Restrain your child in a booster seat until they are about 57" (4'9"). A child's height is the best predictor of proper seat belt fit.

**Type:**  
Lap and shoulder seat belt

**Age:**  
8-18 years

**Weight/Height:** Over 40 pounds, but more than 57" (4'9")



**Recommendations\*:** The child should be able to sit back against the seat back with knees bent naturally at the edge of the seat, the shoulder belt comfortably crossing the shoulder between the neck and arm, and the lap belt low on the hips, touching the thighs.

### Quick Installation Checklist

Is my car seat installed correctly?

Use this checklist until you can meet with a Child Passenger Safety Specialist at a participating HealthONE facility. Keep in mind the misuse rate for car seats is more than 90%.

My Car Seat Is:

- ✓ Appropriate for my child's age, weight and height. Facing the correct direction.
- ✓ Attached to the vehicle using the seatbelt OR the lower anchor connectors.
- ✓ NOT moving more the one inch side to side, front to back at the belt path.
- ✓ At the appropriate angle.

When My Child Is In The Car Seat:

- ✓ The harnesses are at shoulder height.
- ✓ The harnesses are lying flat (not twisted).
- ✓ The harness is snug (cannot pinch extra material on the harness strap at the shoulder.
- ✓ The chest clip is at the armpit level.
- ✓ Nothing has been added to the car seat that did not originally come with it (such as pads, blankets and head positioners).