

Car Seat Safety

Choosing a safe car seat for your new baby and using the car seat correctly

Using a car seat properly can save your baby's life. Studies show that using a car seat reduces the risk of death or serious injury from a car crash. Choosing the right car seat and ensuring that your baby is properly positioned in the car seat for every trip is very important.

This tool will help you:

- decide if your car seat is safe for your baby
- position your baby in a car seat

Choose the right car seat for your baby

1. Record your baby's information

Baby Information:

Age	
Weight	
Height	

2. Record your car seat information

Car Seat Information:

Look on the bottom and side of the car seat to find the car seat information.

Manufacture	
Model Number	
Manufacturing date	
Expire date	
Weight limit	
Height limit	

3. Complete the Safety Checklist

	Yes	No
Is your baby's height and weight within minimum weight and height limit of the car seat?	<input type="checkbox"/>	<input type="checkbox"/>
Does the car seat meet the Canadian Motor Vehicle Safety Standards (CMVSS)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you read the car seat user manual?	<input type="checkbox"/>	<input type="checkbox"/>



If your car seat is new:

Have you sent in the product registration card?	<input type="checkbox"/>	<input type="checkbox"/>
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If the car seat is used:

Is it accident free?	<input type="checkbox"/>	<input type="checkbox"/>
Is it recall free? http://www.bcaaroadsafety.com	<input type="checkbox"/>	<input type="checkbox"/>
Is it still within its expiry date? http://www.tc.gc.ca	<input type="checkbox"/>	<input type="checkbox"/>



Car Seat Information on the side of the car seat



Car Seat Information on the bottom of the car seat

Car Seat Safety - continued

Adjust the harness in the car seat to fit your baby

The shoulder straps should always be at or below your baby's shoulders, never above.

The crotch strap should be in the position closest to your baby. If there is more than one crotch slot, choose the one closest to the baby.



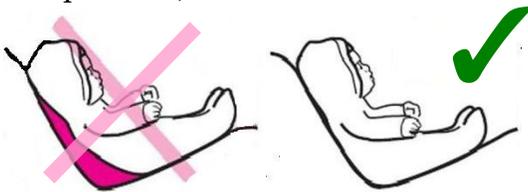
Follow instructions in your car seat manual to adjust the straps.

Position your baby in the car seat

Dress your baby in clothes they would wear in the house.

Do not place anything between your baby and their car seat.

Place your baby in the car seat with their back and buttocks (bum) flat against the back of the car seat so their back and neck are straight (neutral position).



If you are concerned that your baby will be cold, you can place blankets over the baby after the harness is in place.

Additional Information

Information about Canadian Motor Vehicle Safety Standards and expiry dates for car seats can be found at: <http://www.tc.gc.ca>

Child seat information line: 1-877-247-5551 (M-F, 9am – 5pm)

Harness your baby in the car seat

Place the harness over your baby.

Secure the chest clip and the buckle.

Make sure the chest clip is at the level of your baby's armpits.



Chest clip at armpits
Rolls on either side of body and head

Make sure the harness fits snugly. You should not be able to pinch a fold on shoulder straps or place more than 1 finger between the straps of the harness and your baby.

Make sure there are no twists in the harness. Test the chest clip and buckle to make sure they are closed and the harness is secure and tight.

When your baby is small and can not hold up their head, you can make a tight roll out of a receiving blanket (s) and place one on both sides of their body and head to support them in a safe neutral position (see photo above).

Do not use accessories such as clip on toys or neck rolls.

Do not place a roll above your baby's head.

Babies are 5 times safer rear-facing in the car. Keep your baby rear-facing until at least 2 years of age or until your child outgrows the rear-facing weight limit of your car seat.