Why use a **booster seat?**

- A child is 3 ½ times more likely to be hurt in a crash when using an adult seat belt alone than when buckled in a booster seat.
- An adult seat belt alone does not properly fit a child's body.
- Booster seats are the safest choice for children who weigh more than 40 lb (18 kg) and have outgrown their forward-facing child safety seat.
- Without a booster seat, an adult seat belt rides too high on a child's belly and neck and can cause serious internal injuries in a crash.
- When children ride in booster seats, they can see out of the windows.
- Using a booster seat until a child is at least 80 lb (36 kg) or 9 years of age or 4'9" (145 cm) tall provides the safest ride.



For more information contact Health Link Alberta: In Calgary area at 403-943-LINK (5465)
In Edmonton area at 780-408-LINK (5465)
Toll-free in Alberta 1-866-408-LINK (5465)
OR Alberta Transportation 780-427-8901
Toll-Free in Alberta 310-0000
or visit www.boosterseats.ca

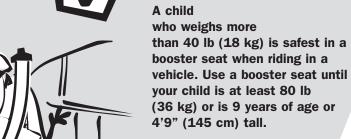




Is your child between 4 and 9 years of age?

Take the booster seat





Look inside to see if your child needs a booster seat, how to choose the right booster and how to use it correctly.





Does your child need a **booster seat?**

If you check **ALL** of the following points, your child is safest riding in a booster seat:

My child weighs between 40 and 80 lb (18 - 36 kg). My child is under 4'9" (145 cm) tall.

My child is 9 years old or less.

Choosing a **booster seat**...

A booster seat can only be used with a lap-shoulder seat belt. To find the best booster for your child, decide where in the back seat your child will sit. Check to see if that vehicle seat has a head rest (head restraint):



The vehicle seat **DOES NOT HAVE a** head rest.

Choose either:

■ A high back booster that gives the child head and neck support. Some models convert from a forward-facing seat with a harness to a high back booster seat.



OR

■ An adjustable booster that gives the child adjustable head and neck support as he grows.



Adjustable booster



Choose a **high back booster**, an adjustable booster, or

■ A backless booster that has a seat base with arm rests. This style of booster works well in a vehicle seat with a head rest.



Backless booster

Using a booster seat correctly...

Use the booster seat for every ride. You are using the booster seat correctly when you can check [/] YES to all of the following points:

I have read the booster seat instructions and the vehicle owner's manual for proper use and installation information.
The booster seat is in the back seat of the vehicle.
I never place my child's booster seat in front of an airbag.
The shoulder portion of the belt is always worn across the centre of my child's chest.

Moving to a **seat belt...**

Children are safest in a booster until they areat least 80 lb (36 kg) or 9 years of age or 4'9" (145 cm) tall. To check if it's time to move to a seat belt, have your child sit on the back seat with the lap-shoulder belt buckled.

t's time to move to a seat belt if you can check $[\checkmark]$ YES to all of the following points:		
	My child is sitting so his whole back is touching the back of the vehicle seat.	
	While sitting back, my child's knees bend comfortably at the edge of the vehicle seat.	
	The lap portion of the belt is riding low across the hips, touching the tops of my child's legs.	
	The shoulder portion of the belt is crossing between my child's neck and arm.	
	My child can and will remain in this position for the entire trip. (from SafetyBeltSafe USA)	

Kids 12 and under are safest riding in the back seat.