

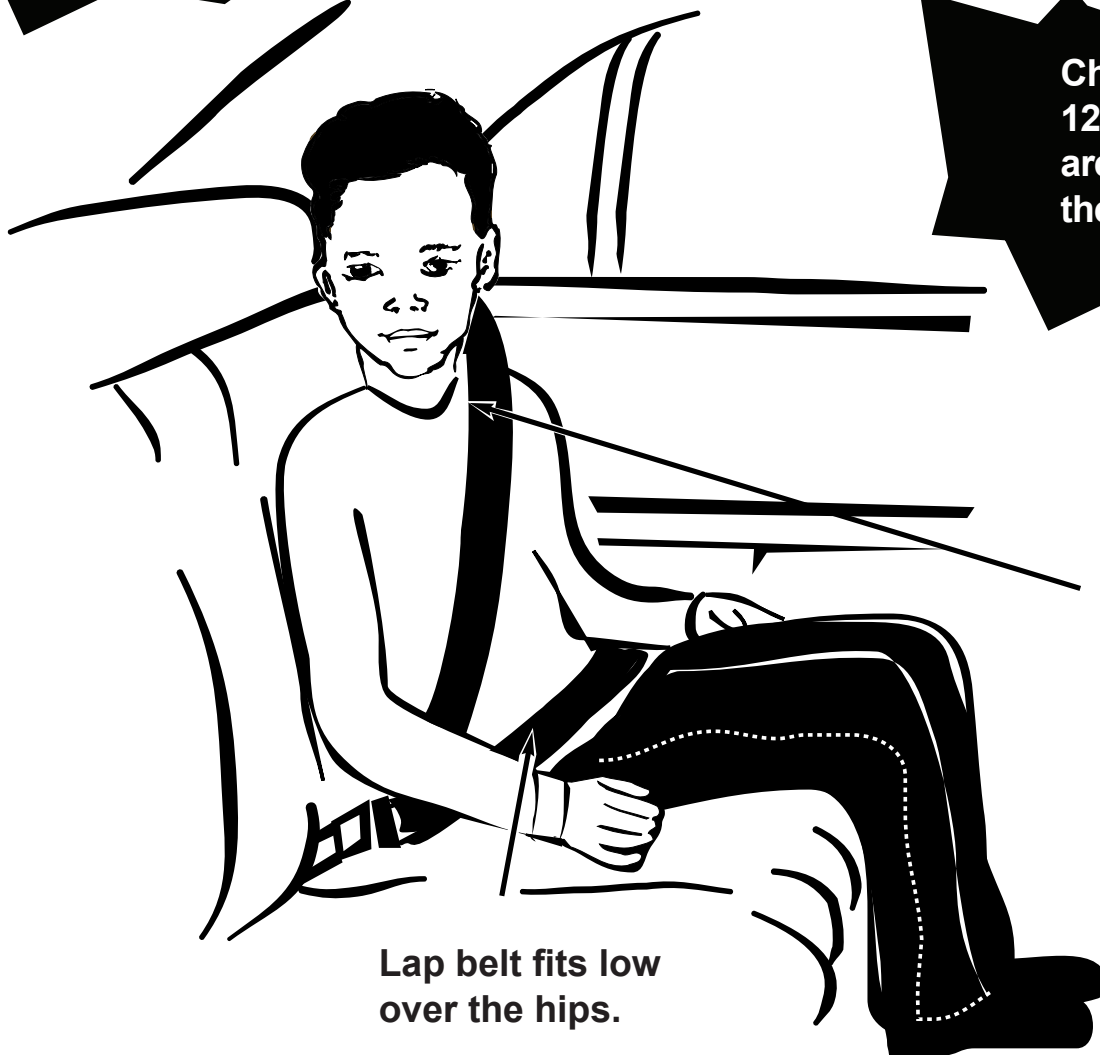
Seat Belts

Everyone must always wear seat belts. It is the law in Alberta.

Most children are ready for seat belts when they reach **80 pounds (36 kilograms) or 9 years of age or 4'9" (145 cm) tall.**

Seat belts keep teens and adults safe, too.

Children ages 12 and under are safest in the back seat!



Lap belt fits low over the hips.

Shoulder belt fits between the neck and shoulders.

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)**