

Take the **Car Seat YES Test**

Proper use of a car seat can reduce the chances of your child being injured or killed in a crash by as much as 71%. Using a car seat properly is required by law in Alberta. Use the YES test to help you properly install the car seat in your vehicle and buckle up your child correctly every time.

Push, pull and adjust the seat until you can check each item that applies to your child's car seat.

Who should be in a forward-facing car seat?

- A child who is at least 2 years old or has reached the maximum weight or height limit of the rear-facing seat (as stated by the manufacturer) should ride in a forward-facing car seat.
- A child should stay in the forward-facing car seat until they reach the maximum weight or height limit of the seat (as stated by the manufacturer).



Getting ready

- I've read the instruction booklet that came with the car seat.
- I've read my vehicle owner's manual on how to install a car seat.
- I've checked the labels on the car seat to find the maximum forward-facing weight and height limits. My child's weight and height are under the limits.
- My child's car seat is in the back seat.
- My child's car seat is approved to be used in Canada and has a CMVSS label.

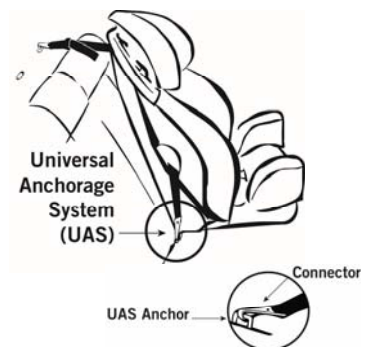
Securing the car seat

There are 2 steps to install the forward-facing car seat in your vehicle.

1 Secure the bottom of the car seat.

Either

- I'm using the **Universal Anchorage System (UAS)** to secure the car seat.
 - I've checked my vehicle owner's manual for the correct UAS anchor locations.
 - The UAS belt goes through the **forward-facing belt path** on the car seat and is attached to the UAS anchors.
 - I've pushed down on the car seat and pulled the UAS belt tight.



Or

- I'm using the **seat belt** to secure the car seat.
 - I've checked my vehicle owner's manual for how to lock the seat belt for use with a car seat.
 - The seat belt goes through the **forward-facing belt path** on the car seat and is buckled up.
 - I've pushed down on the car seat and pulled the lap belt tight.
 - If the seat belt doesn't lock, I've used a belt lock or locking clip.



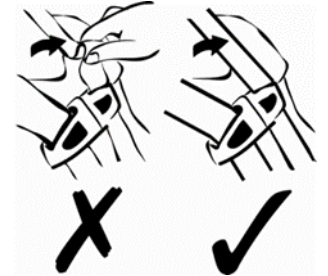
2 Always use the **tether strap**

- My vehicle came with a tether anchor or I had a tether anchor installed at the vehicle dealer.
- The tether strap is hooked to the tether anchor in my vehicle. The tether strap is tight.
- The car seat moves less than 2.5 cm (1 inch) in any direction.**



Buckling your child in the car seat

- The slots the harness straps go through are at or above my child's shoulders.
- The chest clip is at the level of my child's armpits.
- The shoulder harness lies flat with no twists.
- The harness is snug – I can't pinch a fold in the harness strap.



Being safe

- My child rides in the car seat every trip.
- I've sent in the registration card and checked for recalls on my child's car seat. Recall information is available from Transport Canada at 1-800-333-0510 or at www.tc.gc.ca/roadsafety (search for child safety).
- When my child outgrows the forward-facing seat, I'll move them to a booster seat.



If you answered “YES” to all of the statements, you’re ready for travel! If not, check the instruction booklet for your car seat as well as your vehicle’s owners manual for the exact installation instructions.

For more information:

- go to www.healthyparentshealthychildren.ca (search for car seats)
- go to www.myhealth.alberta.ca (search for car seats)
- call Health Link at 811

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