



In a crash, an unrestrained child in a vehicle moving 40 mph would hit the windshield or dashboard with the same force as if hitting the ground after a fall from a five-story building!



**Don't let cost stand in your way!**

The Center for Injury and Violence Prevention has a statewide Child Safety Seat Program that offers seat distribution and education to low-income families. A limited number of seats are available. Applicants must meet certain requirements to qualify.



**For more information regarding the Virginia child passenger safety seat law, correct safety seat selection and usage and the safety seat distribution and education program contact VDH's Center for Injury and Violence Prevention at 1.800.732.8333 or visit [www.safetysseatva.org](http://www.safetysseatva.org)**



Virginia Department of Health  
1-800-732-8333  
[www.safetysseatva.org](http://www.safetysseatva.org)

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## CHILD PASSENGER SAFETY TIPS

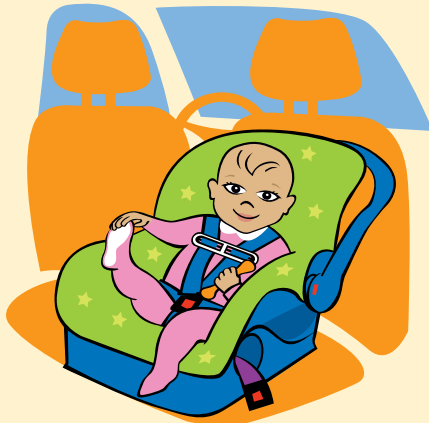
# Buckle Up



# Virginia!

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Infants until at least 1 year old and at least 20 pounds should be in rear-facing safety seats.



- Infants should ride in the back seat facing the rear of the vehicle. This offers the best protection for your infant.
- Route harness straps in appropriate slots at or below shoulder level.
- Keep harness straps snug and fasten harness clip at armpit level.
- Most safety seat carrying handles should be down.
- Recline a rear-facing safety seat to the proper angle; never more than 45 degrees. A firmly rolled up towel under the safety seat may help.
- Never put an infant in the front seat of a vehicle with a passenger air bag!



Kids over 1 year old and weighing more than 20 pounds can be in forward-facing safety seats.



- Keep harness straps snug.
- Route harness straps in upper slots at or above shoulder level.
- Fasten harness clip at armpit level.
- Place safety seat in upright position.

**The back seat is the safest place for children 12 and under to ride.**

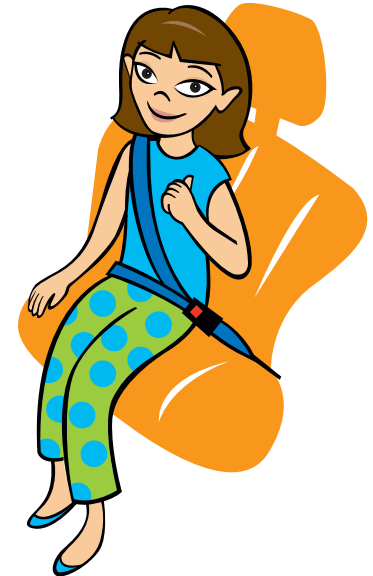
Kids about age four to at least age eight and under 4-feet 9-inches tall should be in booster seats.



- These seats must be used with both lap and shoulder belts.
- If your vehicle has a low back seat and your child's ears are above it, you need a high back booster seat to protect his/her head.
- Kids this size are too small to fit correctly in adult safety belts alone.
- A booster seat makes lap and shoulder belts fit correctly: low over hips and upper thighs and snug over the shoulders.



Usually kids at least eight years old or over 4-feet 9-inches tall can correctly fit in lap/shoulder belts.



- To fit correctly in a safety belt, kids must be tall enough to sit with knees bent at the edge of the seat without scooting forward and feet should touch the floor.
- Lap and shoulder belts should fit low over hips and upper thighs and across the center of the chest and shoulder.
- Never put shoulder belts under kids' arms or behind their backs.