



## One Minute Safety Check

# Rear-facing Car Seats



### ✓ Do you have the instructions for your infant's/toddler's car seat?

TIP \* Read the instructions that came with your seat. Follow them carefully and keep them with the car seat. You will need them as your child grows.



### ✓ Is your child facing the right way for both weight and age?

TIP \* It is safer for infants & toddlers to ride rear-facing as long as possible, until they reach the rear-facing weight of their Convertible or 3-Stage seat **or** the top of the head is 2.5 cm (1 in.) below the top of the seat. Convertible and 3-Stage seats can be used rear-facing until 13.6 to 22.7 kg (30-50 lb.), depending on the model.

- \* The American Academy of Pediatrics recommends that children rear-face until age 2 or more.
- \* It is O.K. for the child's feet to touch the vehicle seat back. The risk of injury is low, with fewer long term complications compared to injuries to the head and spine that can occur when the child is forward-facing.

### ✓ Have you checked your vehicle owner's manual?

TIP \* Your vehicle owner's manual has information about air bags, seat belts or the Universal Anchorage System (UAS) and tether anchors.

- \* Do not install the car seat in a front seating position that has an active air bag.
- \* Children 12 and under are safer in the back seat.
- \* For side-impact air bags in the back seat, follow the vehicle manufacturer's instructions.

### ✓ Is the vehicle seat belt or UAS belt in the right place and pulled tight?

TIP \* Thread the seat belt or UAS belt through your car seat's rear-facing belt path. When tightening the belt, push the seat down and into the upholstery.

- \* The car seat should not move more than 2.5 cm (1 in.) toward the front of the vehicle or side-to-side where the belt is attached.
- \* For a rear-facing car seat, it is normal to be able to lift the seat toward the rear of the vehicle. Also, it is O.K. for the top part of the seat to shift from side-to-side, as long as the car seat is attached securely where the belt is attached.

### ✓ Is the child seat at the correct angle for your newborn or young baby?

TIP \* When rear-facing, a car seat should be at a 45 degree angle. This stops your infant's head from flopping forward. Most seats have built-in recline indicators.

- \* If the child seat sits too upright, try adjusting the base, or placing a rolled towel or foam noddle in the vehicle seat crack, under the child seat, to get the correct the angle.

### ✓ Is the harness put through the correct slots?

TIP \* Rear-facing, the harness should be level with, or just *below*, your child's shoulders.

### ✓ Is the harness pulled snug?

TIP \* The harness needs to lie flat.

- \* Only 1 finger should fit between the harness and your child's collar bone or you are unable to pinch a fold in the harness at the shoulder.
- \* Fasten the chest clip at your child's armpit level.

For more information, go to our website: [www.infantandtoddlersafety.ca](http://www.infantandtoddlersafety.ca)

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