



## One Minute Safety Check

### Seat Belts

***✓ Is your child 9-12 years-of-age?***

TIP \* Until 9 to 12 years-of-age, a child's hips are underdeveloped, making it difficult to maintain correct lap belt positioning over the upper thighs.



***✓ Is your child at least 1.45 m (4 ft. 9 in.) tall?***

TIP \* To fit most shoulder belts, both safely and comfortably, a child should be at least 1.45 m (4 ft. 9 in.) tall.

***✓ Can your child sit back against the vehicle seat with his or her knees bent comfortably at the edge of the seat and feet flat on the floor?***

TIP \* If a child's thighs are shorter than the vehicle seat, this will promote slouching, causing the lap belt to ride up over the stomach.

***✓ Does the lap belt rest across your child's upper thighs?***

TIP \* If the lap belt rides up on your child's stomach, there is a risk of serious internal injury or spinal damage in a crash.

***✓ Is the shoulder belt centred on your child's shoulder and chest?***

TIP \* The shoulder belt should **never** be tucked under a child's arm or put behind a child's back. This could cause severe or fatal injuries in a crash.

***✓ Can your child sit this way for the whole trip?***

**Children should use booster seats until vehicle seat belts fit correctly. A "No" answer to any of these questions means your child needs to use a booster seat to travel safely in your vehicle.**

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

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