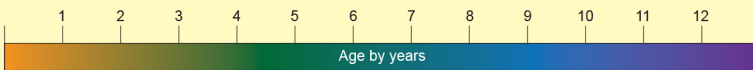




Buckle Up Safely

Guidelines for Parents and Caregivers

Making sure your child is in the appropriate car seat or booster seat can save his or her life.



Rear-Facing Car Seat

From birth up to age 2*

Infants and young children should be kept in a rear-facing car seat for as long as possible until they exceed the highest weight or height allowed for their seat, and at least after their 2nd birthday.



Forward-Facing Car Seat

From age 2 up to at least age 5*

Children who have outgrown the rear-facing car seat should travel in a forward-facing car seat, up to an age of 5 at least, or when they exceed the weight or height limits of the seat.



Booster Seat

From age 5 up until seat belts fit properly*

Children 5 years old and above should travel in a booster seat, until they are about 1.4 metres tall.



Seat Belt

Once seat belts fit properly without a booster seat

Children can graduate to an adult seat belt only when the seat belt fits them. The lap belt should fit across the upper thighs and the shoulder belt across the chest.

Be Safe!

In the presence of an active air bag, never place a rear-facing car seat in the front seat of a car. In fact, children 12 years old and younger should not sit in the front seat.

**Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height/weight limits, and proper seat use.*

Source: KK Women's and Children's Hospital

An initiative by:



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