



Injury Prevention Check List

## Motor Vehicle Safety Tips

### Every child should be Injury Free!

Motor vehicle crashes are the leading cause of death for children between 1 and 3 years of age. By choosing the appropriate child safety seat based on the age and size the child, many of those deaths could have been prevented.

- Each child must be in a car seat sized according to the child's height and weight.
- Infants and children 13 years of age and under should travel in the back seat and be appropriately restrained.
- For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum of age 2 and at least 20 pounds.
- If your child safety seat has harness straps, make sure they are snug against your child's body and the harness retainer clip (chest clip) is placed at the armpit level.
- All child safety seats should be installed so that the seat does not move more than one inch from side to side or front to back (excludes booster seats).
- School-Aged Children: Children should stay in a booster seat until adult belts fit correctly, usually when a child reaches 4'9" in height and is between 8 and 12 years of age. State laws vary.
- Teach your child how to cross the street safely.
- Cross at the corner unless there is some obstruction that exists.
- Know what a running car looks like (back up lights, parking lights, turn signals.)
- Before crossing look left, then right, then left and sometimes behind.

