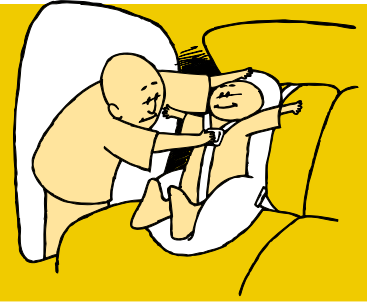


# Protect the ones you love

## Road Traffic Injuries



### The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like road traffic injuries, is a step toward this goal.

Every hour, 150 children between ages 0 and 19 are treated in emergency departments for injuries sustained in motor vehicle crashes. More children ages 5 to 19 die from crash-related injuries than from any other type of injury.

Thankfully, parents can play a key role in protecting the children they love from road traffic injuries.

### Prevention Tips

One of the best protective measures you can take is using seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

#### Know the Stages

- Typically, babies should be placed in rear facing car seats until they are at least 1 year old and weigh 20 pounds.
- When babies move into front-facing car seats, they should remain in these seats until they are at least 4 years old or weigh 40 pounds.
- Children should be seated in booster seats from about age 4 to age 8, or until they reach 4'9" tall.
- All children ages 12 and under should be seated in the back seat of vehicles.

#### A Tip for Parents of Teens

If you're a parent of a teen who is learning to drive, sign an agreement with them to limit risky driving situations, such as having multiple teen passengers and driving at night.

#### Helmets can Help

Children should wear motorcycle or bike helmets any time they are on a motorcycle or bicycle.

Please visit [www.cdc.gov/safecchild](http://www.cdc.gov/safecchild) for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.



# Child injuries are preventable



