

ROAD TO SAFER TRIBAL COMMUNITIES

PROTECT OUR FUTURE

Use car seats and booster seats on every ride.

THE FACTS

- Motor vehicle traffic death rates among American Indian and Alaska Native children aged 0-12 were 2 to 6 times higher than those of other races and ethnicities.¹
- An estimated 46% of car seats and booster seats are used incorrectly in a way that could reduce their effectiveness.^{2,3}
- When compared with seat belt use alone, car seat use reduces the risk for injury in a crash by 71-82%,^{4,5} and booster seat use reduces the risk for serious injury by 45%.⁶
- Seat belt use reduces the risk for death and serious injury by about half for older children and adults.⁷

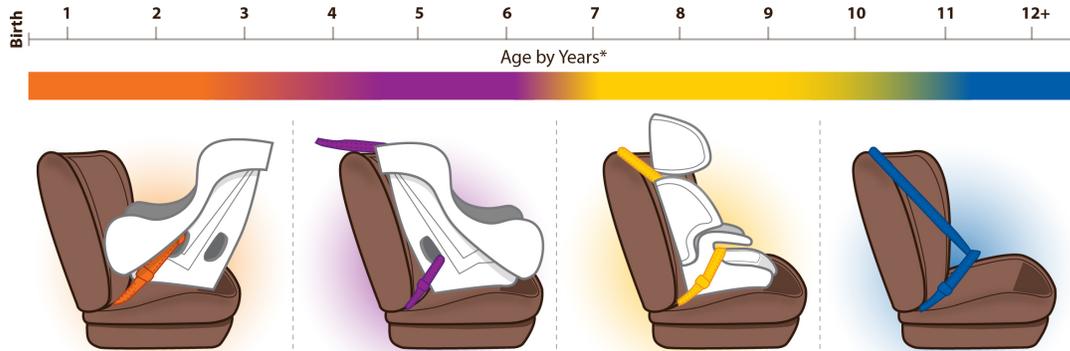
KEEP YOURSELF AND YOUR CHILDREN SAFE:

- Use a car seat, booster seat, or seat belt on every trip, no matter how short.
- Find the right car seat or booster seat for your child's weight, height, and age. See the chart on the next page for tips.
- Get help installing a car seat or booster seat from a certified child passenger safety technician.
- Properly buckle children aged 12 years and under in the back seat. The back seat is safest for children.
- Never place a rear-facing car seat in the front seat. Front passenger air bags can injure or kill small children.
- Do not use traditional baby carriers (such as cradleboards) instead of car seats. Traditional carriers do not keep children safe in cars or trucks in a crash.
- Always wear a seat belt when pregnant. Be sure to wear the lap belt below your belly. Place the shoulder belt across your chest. Never wear the belt behind your back, under your arm, or across your stomach.⁸



Need help choosing or installing your car seat? Find a child passenger safety technician at cert.safekids.org

Using the correct car seat or booster seat can be a lifesaver. Make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



REAR-FACING CAR SEAT

Birth until age 2-4

Buckle children in a rear-facing car seat with a harness until they reach the maximum weight or height limit of their car seat. Keep children rear-facing as long as possible. Never place a rear-facing car seat in the front seat. Front passenger air bags can injure or kill small children in a crash.

FORWARD-FACING CAR SEAT

After outgrowing rear-facing car seat and until at least age 5

When children outgrow their rear-facing car seat, they should be buckled in a forward-facing car seat with a harness until they reach the maximum weight or height limit of their car seat.

BOOSTER SEAT

After outgrowing forward-facing car seat and until seat belts fit properly

When children outgrow their forward-facing car seat, they should be buckled in a booster seat until seat belts alone fit properly. Proper seat belt fit usually occurs when children are 4 feet 9 inches tall and age 9-12.

SEAT BELT

When seat belts fit properly without a booster seat

Children no longer need to use a booster seat when seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Keep children age 12 and under properly buckled in the back seat.

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

Child passenger safety recommendations: American Academy of Pediatrics (AAP) 2018.

www.cdc.gov/motorvehiclesafety/cps

LEARN MORE AT

www.cdc.gov/motorvehiclesafety/cps

or call **1-800-CDC-INFO**



The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control and the Indian Health Service's Injury Prevention Program work in partnership with American Indian and Alaska Native communities to implement proven programs.

LOCAL INFORMATION

References

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