

# Health Unit Media Release



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## Child Car Seats and Boosters Save Lives!

Car crashes are the number one cause of death for Canadian children!

Car Seats help keep infants and toddlers safe during a collision, but the seat must be used correctly. Correctly installed car seats can reduce the possibility of injury or death in a collision by 75 per cent. **Local car seat clinics found that as many as 90 per cent of car seats are improperly installed.**

**Drivers are responsible for making sure that all passengers under 16 years of age are properly buckled up.** This means having the right seat for the right child installed the right way.

### General Tips:

- Keep children away from air bags.
- Children under 13 ride in the back seat.
- Follow car seat manufacturer's instructions.
- Use a tether strap with all forward-facing child car seats.
- Make sure all straps are tight.
- Kneel on the child car seat to get it tight enough. No more than 1" of movement allowed.
- Caution with used seats. Make sure the seat has not been in a collision or is under recall. Check that the seat has not expired or is more than 10 years old. Make sure it has the instructions and all the parts are there.

### Rear Facing

- Infants under 9 kg (20 lb.)
- May need to use a towel or pool noodle under the base to adjust the angle of the seat to 45 degrees.

### Forward Facing:

- Must weigh at least 9 kg (20 lb.) and be able to pull themselves to a stand
- Must be used with a tether strap

### Booster:

- For children between 18 and 36 kg. (40-80 lb), standing height of less than 145cm (4'9"), or be less than eight years of age

**Universal Anchorage System** ( also called Isofix or Latch) This comes with new car seats.

- Only vehicles made after September 2002 have this type of anchorage system

**For hands-on, friendly assistance by trained volunteers, bring your vehicle, car seat(s) and child(ren) to the Fire Station at 360 Laurier Ave., May 10, 2005 from 2 to 7 p.m.**

For further information, please contact the Health Unit at 1-800-660-5853 or (613) 345-5685 or visit our website at [www.healthunit.org](http://www.healthunit.org).

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