



Making Canada's Roads the Safest in the World



Road Safety in Canada has improved tremendously over the last few decades — but there is much more work to be done. That's why Transport Canada is a proud partner with all levels of government and public and private sector stakeholders in Road Safety Vision 2010.

Canada's new **Road Safety Vision 2010** aims to:

- continue reducing the rate of traffic fatalities and serious injuries on all roadways including rural
- increase the use of seat belts and proper use of child restraints
- decrease the number of fatalities and serious injuries in crashes involving alcohol, speed and at intersections.

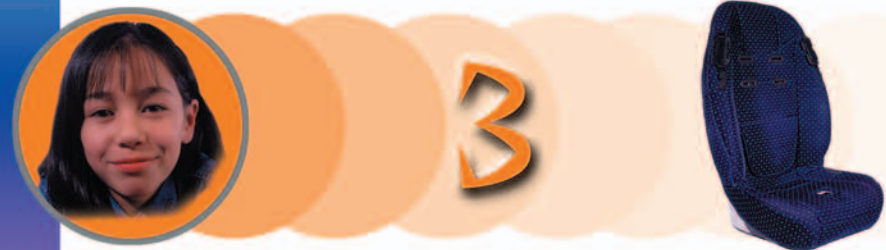
Safety is a shared responsibility!

For more information call 1 800 333-0371, in Ottawa (613) 998-8616

For information on vehicle defects and recalls, call 1 800 333-0510, in Ottawa (613) 993-9851

E-mail us at: roadsafetywebmail@tc.gc.ca

Keep Kids Safe: Car Time 1-2-3-4



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Introduction

Every year, about 10,000 children 12 or under are injured, some of them fatally, in traffic collisions in Canada. Surveys show that **as many as one third of Canadian children are not properly restrained when they're travelling in motor vehicles.**

The only way to protect children from the dangers of collisions or sudden stops is to restrain them properly.

This booklet tells you about the four stages of child safety in vehicles and gives you simple instructions and tips on making "Car Time" a safe time for children.

Welcome to the **Kid Zone**

The "Kid Zone" is the rear seat of your vehicle – the safest place for kids aged 12 or under. Here they are as far away as possible from the dangers of a front-end collision. They are also far from the front-seat air bags, which can cause serious injuries or even death to these youngsters.

Statistics show that kids are 25 per cent safer in the rear seat. If your vehicle doesn't have a rear seat, please check your owner's manual, call the manufacturer, or call Transport Canada to find out how to make travelling with children as safe as possible.

If your vehicle is equipped with side air bags, you may also wish to refer to our fact sheet "How to Protect Children in Vehicles with Side Air Bags" available on our Web site or by calling our Information Centre.

Remember: Buckle children up properly every time – even for the shortest trips!

Keep this booklet handy in your glove compartment.



Stage One:

Rear-Facing Infant Seat

When

Use a rear-facing infant seat from birth until your baby is about 1 year old.

The longer you use a rear-facing infant seat that fits correctly, even past one year, the safer your child will be in a crash. Check the infant seat label for the weight and height limits and follow the infant seat instructions for use.

Why

Babies have relatively large heads and weak neck muscles. An infant seat cradles a baby's head to protect it against sudden stops or turns. Infant seats are placed "backwards" so that in a collision, the back of the infant seat takes the force of the impact.



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Transport Canada Information: 1-800-333-0371

Instructions

Secure your baby properly in the infant seat and make sure that the harness straps are snug.

Using the vehicle seat belt or the Universal Anchorage System (UAS) (see page 12), install the infant seat in the rear seat – the "Kid Zone" – facing the rear.

Double check the seat belt or UAS to make sure the infant seat is installed according to instructions.

Tips



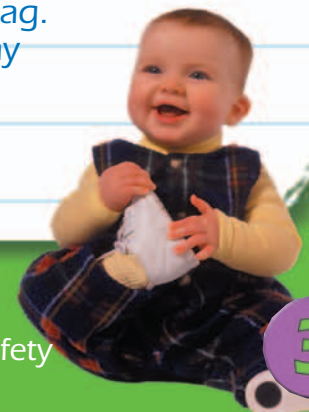
If you need to attend to your baby, find a safe place to pull over and park.



Never ride with a baby or a child in your arms or on your lap.



Do not put an infant seat in a seat equipped with an air bag. Serious injuries or death may result if the air bag inflates.



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www.tc.gc.ca/roadsafety

Stage Two: Forward-Facing Child Seat

When

Use a forward-facing child seat from 10 kg (22 lb.) to 18 kg (40 lb.), generally from about age 1 to 4½ years.

Some child seats can be used longer – until your child weighs 22 kg (48 lb.). Follow the guidelines in the instruction booklet and on the label of your child seat.

Why

A properly installed forward-facing child seat is safe and effective because its three different parts work together. The harness absorbs the forward motion of the child at the moment of impact. The vehicle seat belt or Universal Anchorage System (UAS) (see page 12) keeps the base in place. Finally, the tether strap secures the top of the child seat to the vehicle.



Instructions

Place the forward-facing child seat in the rear seat of the vehicle – the “Kid Zone”.

Follow the vehicle and child seat instructions to install the child seat securely using the vehicle seat belt or Universal Anchorage System (UAS).

The vehicle instructions will tell you where the tether strap anchors are located in the vehicle.

Attach the hook of the child seat tether strap to the tether strap anchor of the vehicle.

Secure your child in the child seat and adjust the harness snugly.

Tips



Make sure you use the tether strap.



Read the instruction booklet that comes with the child seat. Keep it handy so you can refer to it as your child grows.



Don't rush to move your child from a child seat to a booster seat.



Stage Three:

Booster Seat

When

Use a booster seat from 18 kg (40 lb.), generally from about age 4½ to 8 years.

Children are ready to use a booster seat when they are over the maximum weight for their child seat – but no sooner than this! Check the instruction booklet of your booster seat for additional information.

Why

For this age group, booster seats are the safest way to position a seat belt correctly over a child's body. An incorrectly positioned seat belt can cause a child to be seriously injured or even killed in a sudden stop or collision.



Instructions

Place the booster seat in the rear seat of the vehicle – in the "Kid Zone".

Using the vehicle seat belt, buckle your child in properly, with the lap belt low and snug over the hips and the shoulder belt over the shoulder and across the chest.

Tips

- ✓ Buckle an empty booster seat into place or remove it from the vehicle. You don't want it to fly around dangerously in a sudden stop or collision.
- ✗ Never tuck the shoulder belt behind the child or under the arm. Doing so could result in serious injury or death.
- ✗ Don't rush to move your child from a booster seat to a vehicle seat belt.



Stage Four:

Seat Belt

When

Use the vehicle rear seat and seat belt (ideally with a shoulder belt) from the time your child has outgrown the booster seat, from about age 8.

Children at this stage are ready to use the vehicle seat belt. Kids aged 12 or under, however, must be seated in the rear seat of the vehicle – the “Kid Zone”.

Why

The lap and shoulder parts of the seat belt work together to keep both the lower and upper body secure in a sudden stop or collision. Seating your child in the rear seat of the car, the “Kid Zone”, keeps your young passenger furthest away from a front-end collision – and as far away as possible from the front-seat air bags, which can be dangerous for kids 12 or under.



Instructions

Place your child in the rear seat of the vehicle – the “Kid Zone”.

Buckle the seat belt.

Position the lap portion of the seat belt low and snug across the hips, never across the stomach.

Position the shoulder belt over the shoulder and across the chest.

Tips



Special kits are available to have shoulder belts installed in most older vehicles that lack them. Check with the vehicle manufacturer.



Set a good example! Make sure you and all adults in the vehicle are also properly belted.



Never tuck the shoulder belt behind the child or under the arm. Doing so could result in serious injury or death.



Car Time: More Tips

SAFETY REGULATIONS

All infant, child and booster seats sold in Canada, regardless of their price, must meet Transport Canada's safety regulations. These regulations help protect children in a sudden stop or collision. The regulations also require safe materials, instruction booklets, and use of a National Safety Mark on the car seat, like the one shown below.



SAFETY-RELATED DEFECTS

If you suspect that your infant seat, child seat or booster seat has a defect that might affect safety, contact Transport Canada and ask for a "Child Restraint System Complaint Form". Transport Canada investigates complaints received on these forms.

SHOPPING CHECKLIST

- n Does the car seat have a National Safety Mark (as shown on page 10)?
- n Is there an instruction booklet?
- n Is the car seat appropriate for the weight and height of your child?
- n If the car seat has an expiry date, will the time period cover your needs?
- n Can the car seat be installed correctly in your vehicle?
- n Are the harness and tether straps easy to adjust?

Remember to fill out the registration card that comes with your new car seat, so the manufacturer can contact you for any recalls.

USED CAR SEATS

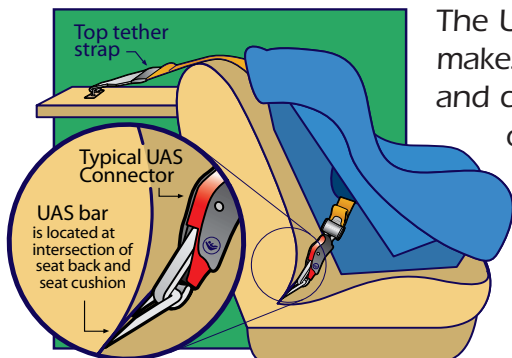
CAUTION: Buying a used car seat can be risky! Used car seats are often missing parts and instructions. Also, it's hard to know if there is a recall on a used car seat.

Never use a car seat more than 10 years old because materials deteriorate with age. And never buy or re-use a seat that has been in a collision.



Car Time: More Tips

UNIVERSAL ANCHORAGE SYSTEM (UAS)*



The Universal Anchorage System makes it easier to install infant and child seats in the rear seat of a vehicle.

Car seats manufactured after September 1, 2002 have two connectors that attach to the UAS bars in newer vehicles.



You'll find this symbol on infant and child seats as well as on the vehicle seat. Consult the vehicle owner's manual.

A UAS equipped car seat will work with a seat belt. Older car seats will still work

with a seat belt, in a newer vehicle. Note that a tether strap must be used with all forward-facing child seats, to attach the top of the child seat to the vehicle.

Always follow the car seat and vehicle instructions. For further information, contact the vehicle manufacturer, the infant or child seat manufacturer, or Transport Canada.

* UAS is also referred to as "LATCH" or "ISOFIX".

BUILT-IN CHILD SEATS

If you buy a vehicle with a built-in child seat, consult your owner's manual for weight and height limits.

SEAT BELTS WITH INFANT AND CHILD SEATS

Older vehicles require the use of a special clip with the seat belt to hold an infant or child seat securely in place. Newer vehicles have special seat belt features to install an infant or child seat securely. Consult your vehicle owner's manual for more information.

PROTECTING THE UNBORN CHILD

The best way to protect an unborn child in a collision is to protect the mother. Pregnant women should always wear the lap and shoulder seat belt. The lap belt should be snug and low over the pelvic bones and not against the soft stomach area. The shoulder belt should be worn over the shoulder and across the chest. Worn properly, the seat belt will not harm the baby.

