

# Check

*your child car seat*



## Booster

Using a child car seat correctly can reduce injuries by 75%. Use your seat properly on every journey.

**MAKE EVERY RIDE A SAFE RIDE,  
TAKE THE TIME TO DO IT RIGHT.**

### WHY USE BOOSTER SEATS?

- In Ontario, booster seats are required by law for children up to 8 years old, weighing 40 to 80 lb (18-36 kg), and less than 4' 9" tall (145 cm).
- A child wearing a seat belt that doesn't fit properly is 3 ½ times more likely to be hurt during a crash than if seated in a booster seat.
- Booster seats protect children by:
  - boosting them up so the adult seat belt rests low on their hip bones, rather than over their stomach
  - helping the shoulder strap to sit properly between their shoulders and chest, away from their neck, and
  - preventing them from sliding out of the seat belt in a quick stop or collision.

### BEFORE I USE THE BOOSTER SEAT, I HAVE CHECKED THAT:

- I have read the instruction booklet that came with my booster seat.
- My booster seat is Canadian-approved and has a CMVSS label.
- My booster seat is not older than 10 years, as recommended by Transport Canada.
- My child's booster seat is in the "kid zone" (backseat).
- My child weighs between 40 and 80 lb (18 – 36 kg)\*, and is less than 4 feet 9 inches (145 cm) tall [*\*some booster seats can hold up to 100 lb (45 kg)*].

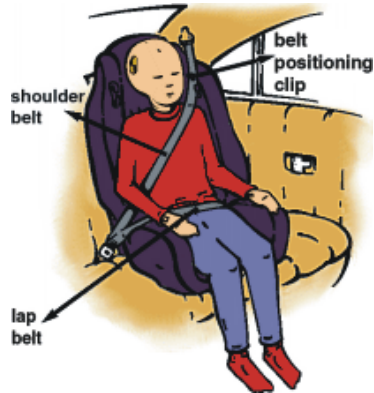
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## CHOOSING A BOOSTER SEAT

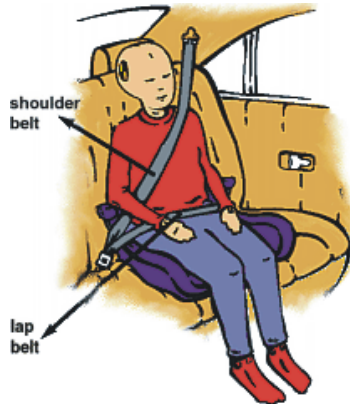
The best booster seat for your vehicle is the one that best fits your child and your vehicle.

### Types of Booster Seats

- **High Back Booster** – gives the child head and neck support for vehicles that do not have head rests. Must be used with a lap/shoulder seat belt.



- **Simple Booster** – has a seat base with arm rests and must be used with a lap/shoulder seat belt.



\*Note – *Never* use a simple booster with a lap belt only, and do not place the shoulder strap *behind* the child or under the arm. This could cause serious injuries in a collision.

## ABDOMINAL SHIELD BOOSTERS

The Niagara Region Public Health Department does NOT recommend these types of boosters unless the abdominal shield is removable. They can cause injuries in a collision. Once the abdominal shield of the booster is removed, it becomes a simple booster. Refer to inside pages for proper installation.

### SAFETY ALWAYS

- My child rides in the booster seat every time he/she is in a vehicle.
- My child rides in the booster seat for the entire trip.
- My child will be seated in the booster seat until he/she is at least 80 lbs (36 kg), taller than 4 feet 9 inches (145 cm), or until the age of 8.
- I always buckle up the booster seat when it is not in use so that it doesn't fly around if I make a sudden stop.
- I have checked for any recalls on my child's booster seat. Recall information is available from Transport Canada at 1-800-333-0371 or at [www.tc.gc.ca/roadsafety](http://www.tc.gc.ca/roadsafety) (click on child safety).

### MY CHILD IS READY TO USE A SEAT BELT WHEN HE/SHE CAN:

- Sit with the lap portion of the seat belt riding across the lower hip area.
- Sit with the shoulder strap riding between the neck and arm across the chest.
- Sit with legs bent comfortably at the edge of the vehicle seat.
- Sit with his/her back against the back of the vehicle seat without slouching.

For more information, visit [www.regional.niagara.on.ca/carseats](http://www.regional.niagara.on.ca/carseats) or telephone Niagara Region Public Health Department at 905-688-8248, ext. 7362.

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