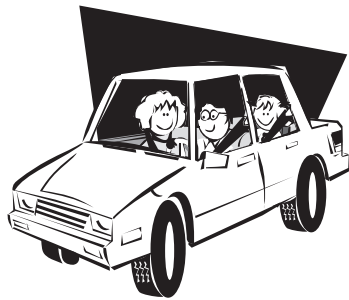


## booster seat

### Why use a booster seat?

- A child is 3 ½ times more likely to be hurt in a crash when using an adult seat belt alone than when buckled in a booster seat.
- An adult seat belt alone does not properly fit a child's body.
- Booster seats are the safest choice for children who weigh more than 40 lb (18 kg) and have outgrown their forward-facing child safety seat.
- Without a booster seat, an adult seat belt rides too high on a child's belly and neck and can cause serious internal injuries in a crash.
- When children ride in booster seats, they can see out of the windows.
- Using a booster seat until a child is at least 80 lb (36 kg) or 9 years of age provides the safest ride.



For more information contact Health Link Alberta:  
In Calgary area at **403-943-LINK (5465)**  
In Edmonton area at **780-408-LINK (5465)**  
Toll-free in Alberta **1-866-408-LINK (5465)**  
OR Alberta Transportation **780-427-8901**  
**Toll-Free in Alberta 310-0000**  
or visit [www.boosterseats.ca](http://www.boosterseats.ca)

Is your child between **4 and 9 years of age?**

## Take the booster seat

# YES

test



A child who weighs more than 40 lb (18 kg) is safest in a booster seat when riding in a vehicle. Use a booster seat until your child weighs 80 lb (36 kg) or is 9 years old.

Look inside to see if your child needs a booster seat, how to choose the right booster and how to use it correctly.



## Does your child need a **booster seat**?

If you check both of the following points, your child is safest riding in a booster seat:

- My child weighs between 40 and 80 lb (18 - 36 kg).
- My child is 9 years old or less.

## Choosing a **booster seat**...

A booster seat can only be used with a lap-shoulder seat belt. To find the best booster for your child, decide where in the back seat your child will sit. Check to see if that vehicle seat has a head rest (head restraint):

- The vehicle seat **DOES NOT HAVE a head rest.**

Choose either:

- A **high back booster** that gives the child head and neck support. Some models convert from a forward-facing seat with a harness to a high back booster seat.



High back booster

OR

- An **adjustable booster** that gives the child adjustable head and neck support as he grows.



Adjustable booster

- The vehicle seat **HAS a head rest.**

Choose a **high back booster**, an **adjustable booster**, or

- A **backless booster** that has a seat base with arm rests. This style of booster works well in a vehicle seat with a head rest.



Backless booster

## Using a **booster seat correctly**...

Use the booster seat for every ride. You are using the booster seat correctly when you can check [ ✓ ] **YES** to all of the following points:

- I have read the booster seat instructions and the vehicle owner's manual for proper use and installation information.
- The booster seat is in the back seat of the vehicle.
- I never place my child's booster seat in front of an airbag.
- The shoulder portion of the belt is always worn across the centre of my child's chest.



## Moving to a **seat belt**...

Children are safest in a booster until they weigh 80lb (36 kg) or are 9 years old. To check if it's time to move to a seat belt, have your child sit on the back seat with the lap-shoulder belt buckled.

It's time to move to a seat belt if you can check [ ✓ ] **YES** to all of the following points:

- My child is sitting so his whole back is touching the back of the vehicle seat.
- While sitting back, my child's knees bend comfortably at the edge of the vehicle seat.
- The lap portion of the belt is riding low across the hips, touching the tops of my child's legs.
- The shoulder portion of the belt is crossing between my child's neck and arm.
- My child can and will remain in this position for the entire trip. (from SafetyBeltSafe USA)



**Kids 12 and under are safest riding in the back seat.**