

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 8 times higher than those of other races and ethnicities.<sup>1</sup>
- An estimated 46% of car seats and booster seats are used incorrectly in a way that could reduce their effectiveness.<sup>2,3</sup>
- When compared with seat belt use alone, car seat use reduces the risk for injury in a crash by 71–82%,<sup>4,5</sup> and booster seat use reduces the risk for serious injury by 45%.<sup>6</sup>
- Seat belt use reduces the risk for death and serious injury by about half for older children and adults.<sup>7</sup>

## 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.<sup>8</sup>



# Need help choosing or installing your car seat? Find a child passenger safety technician at [cert.safekids.org](https://cert.safekids.org)

**Make sure your child is always buckled in a car seat, booster seat, or seat belt that is appropriate for their age and size.**



#### 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 young children in a crash.



#### FORWARD-FACING CAR SEAT

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

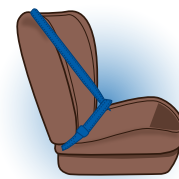
When children outgrow their rear-facing car seat, they should be buckled in a forward-facing car seat with a harness and a top tether in the back seat until they reach the maximum weight or height limit of their car seat.



#### BOOSTER SEAT

##### After outgrowing forward-facing car seat and until seat belt fits properly

When children outgrow their forward-facing car seat, they should be buckled in a booster seat in the back seat until the seat belt fits properly without a booster seat. Proper seat belt fit usually occurs when children are age 9–12.



#### SEAT BELT

##### When seat belt fits properly without a booster seat

Children no longer need to use a booster seat when the seat belt fits them properly. A seat belt fits properly when the lap belt is across the upper thighs (not the stomach) and the shoulder belt is across the center of the shoulder and chest (not across the neck or face, and not off the shoulder).

**Keep children properly buckled in the back seat until age 13.**

\*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 2018.

[www.cdc.gov/transportationsafety/child\\_passenger\\_safety](https://www.cdc.gov/transportationsafety/child_passenger_safety)

LEARN MORE AT

[www.cdc.gov/transportationsafety/child\\_passenger\\_safety](https://www.cdc.gov/transportationsafety/child_passenger_safety) 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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6. Arbogast KB, Jermakian JS, Kallan MJ, Durbin DR. Effectiveness of belt positioning booster seats: an updated assessment. *Pediatrics* 2009;124:1281-6.
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