



# MCIWEST-MCB CAMP PENDLETON



Special Edition

October 19-25, 2014

## Car Seat Safety

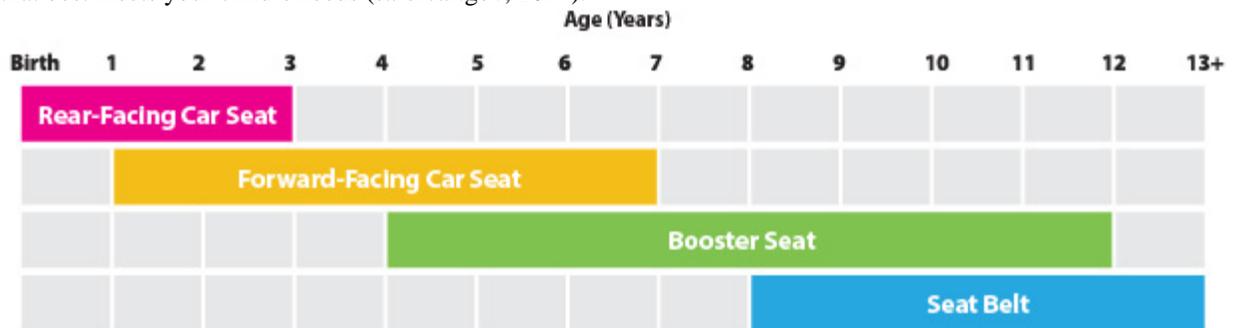


<http://youtu.be/OpHHTgeC-co>

Car seats come in several different types and sizes. Depending on your child's age and size you may need an infant to convertible, or booster seat. It is important to use the right car seat, and most important to install the car seat correctly. Another important factor is to know when to transition your child to another type of seat as your child grows older (safercar.gov, 2014). Each year thousands of children are injured or killed in car crashes. Using car seats properly can keep children safe, and save lives (healthychildren.org, 2014).

## Car Seat by Child's Age and Size

There are many car seat choices on the market. Use the information below to help you choose a car seat that best meets your child's needs (safercar.gov, 2014).



(<http://www.safercar.gov/parents/Right-Seat-Age-And-Size-Recommendations.htm>)



### Rear-Facing Car Seat

Birth – 12 Months

Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats:

- Infant-only seats can only be used rear-facing
- Convertible and all-in-one car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

1 – 3 Years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.



### **Forward-Facing Car Seat**

1 - 3 Years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.

4 - 7 Years

Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.



### **Booster Seat**

4 - 7 Years

Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

8 - 12 Years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.



### **Seat Belt**

8 - 12 Years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

## **Car Seat Recommendations**

Recommendation Courtesy of SaferCar.gov



- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.
- Always refer to your specific car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.

-To learn which car seat is appropriate for your child's age and size, visit: NHTSA's complete list of car seat recommendations

<http://www.safercar.gov/parents/Right-Seat-Age-And-Size-Recommendations.htm>.

## **10 Common Car Seat Mistakes**

(Courtesy of MayoClinic.org, 2014)

For more information <http://www.mayoclinic.org/healthy-living/infant-and-toddler-health/in-depth/car-seat-safety/art-20043939?pg=2>

1. Getting a used car seat without researching its history
2. Placing the car seat in the wrong spot
3. Using the car seat as a replacement crib
4. Incorrectly installing the car seat or buckling up your child
5. Reclining your child at the incorrect angle
6. Moving to a forward-facing car seat too soon
7. Dressing your child in bulky outerwear
8. Moving to a booster seat too soon
9. Incorrectly using a booster seat
10. Using the vehicle safety belt too soon

## **Upcoming Training**

Fall Safety Stand Down-Street Smart: Wed 29 Oct

Next Safety Quarterly Committee: Dec 15 0900-1000

Ground Safety for Marines Course: 1-12 December 2014

(Please note upcoming GSM prerequisites are:

SNCO or above and RSO crs completed through Marine Net)

Basic Life Savor: call to schedule

## **Picture of the Week**



For more information contact the Installation OSH Manager at (760)763-7327.



Check us out on Facebook

<https://www.facebook.com/Cpenbasesafety>

**Click on these links for more tips.**

<http://safetycenter.navy.mil/>

<http://www.safercar.gov/parents/index.htm>

<http://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>

<http://www.mayoclinic.org/healthy-living/infant-and-toddler-health/in-depth/car-seat-safety/art-20043939>

<http://www.seatcheck.org/>

**Commanding General's Safety Hotline: (760)763-7233**

<http://www.carseat.org/>

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