

# Car Seat Safety

## Choosing a safe car seat for your new baby and using the car seat correctly

Using a car seat properly can save your baby's life. Studies show that using a car seat reduces the risk of death or serious injury from a car crash.

It is important to choose the right car seat and make sure your baby is properly positioned in the car seat for every trip.

This tool will help you:

- decide if your car seat is safe for your baby
- position your baby in a car seat

### Choosing the right car seat for your new baby

#### 1 Record your baby's information

##### Baby Information:

Age	
Weight	
Height	

#### 2 Record your car seat information

##### Car Seat Information:

Look on the bottom and side of the car seat to find the car seat information.

Manufacture	
Model Number	
Manufacturing date	
Expire date	
Weight limit	
Height limit	

#### 3 Complete the Safety Checklist

	Yes	No
Is your baby's height and weight within minimum weight and height limit of the car seat?	<input type="checkbox"/>	<input type="checkbox"/>
Does the car seat meet the Canadian Motor Vehicle Safety Standards (CMVSS)? 	<input type="checkbox"/>	<input type="checkbox"/>
Have you read the car seat user manual?	<input type="checkbox"/>	<input type="checkbox"/>
Have you sent in the product registration card or registered the seat online with the manufacturer?	<input type="checkbox"/>	<input type="checkbox"/>
<b>If the car seat is used:</b>		
Is it accident free?	<input type="checkbox"/>	<input type="checkbox"/>
Is it recall free? <a href="https://tinyurl.com/29b4m87t">tinyurl.com/29b4m87t</a> 	<input type="checkbox"/>	<input type="checkbox"/>
Have you checked the expiry date? Look on the car seat or in the manual.	<input type="checkbox"/>	<input type="checkbox"/>
Have you reviewed the car seat using the 'Used Seat Checklist' <a href="https://cpsac.org/caregiver-resources">cpsac.org/caregiver-resources</a> 	<input type="checkbox"/>	<input type="checkbox"/>



Find Car Seat Information...

on the side of the car seat



on the bottom of the car seat

## Using the car seat correctly

Install the seat according to the instructions from the manufacturer.

Consider having a Volunteer Child Passenger Safety Technician check to see if you installed it correctly.

Find a technician in your community through this site. [www.cpsac.org/find-a-tech](http://www.cpsac.org/find-a-tech)



## Adjust the harness to fit your baby

The top of the shoulder straps should always be at or just below your baby's shoulders, never above.

The crotch strap should be in the position closest to your baby. If there is more than one crotch slot, choose the one closest to the baby.

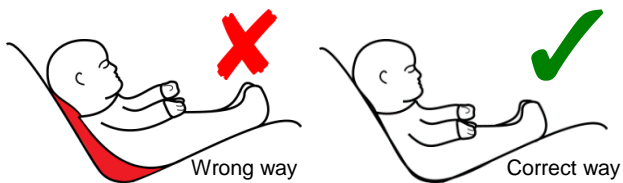


Follow instructions in your car seat manual to adjust the straps.

## Position your baby in the car seat

Dress your baby in clothes they would wear in the house.

Place your baby in the car seat with their back and buttocks (bum) flat against the back of the car seat so their neck and back are straight (neutral position).



**Do not** place anything between your baby and the car seat. If you are concerned that your baby will be cold, place blankets over the baby after the harness is in place.

## Harness your baby in the car seat

Place the harness over your baby.

Secure the chest clip and the buckle.

Make sure the chest clip is at the level of your baby's armpits.



## Make sure the harness fits snugly.

Tighten the harness. When tightened, you should not be able to pinch a fold of shoulder strap material at your baby's collarbone.

Make sure there are no twists in the harness.

## Only use the car seat for travel in a vehicle.

When shopping or going for walks, use a stroller or baby carrier, not a car seat. Never use an infant car seat as a crib.

## Babies are 5 times safer when rear-facing.

A rear-facing seat provides the best protection for your child's head, neck, and spine in a sudden stop or crash. As long as your child still fits within the manufacturer's weight and height limits, they are safest in a rear-facing seat until 2, 3, or even 4 years old. When your child outgrows the rear-facing seat, use a front-facing seat.

## Additional Information

Canadian Pediatric Society  
Car Seat Safety  
[Caringforkids.cps.ca](http://Caringforkids.cps.ca) and search for car seat



Child Passenger Safety Association of Canada  
[www.cpsac.org](http://www.cpsac.org)

'Vancouver and Fraser Valley Car Seat Safety' Facebook Group  
[tinyurl.com/y47auozs](https://www.facebook.com/tinyurl.com/y47auozs)

