

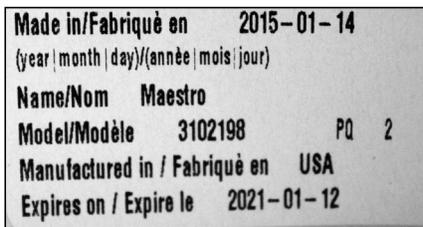


# Car Seat Selection and General Use

**4 out of 5 car seats are used incorrectly (93% of rear-facing only seats). This misuse can lead to serious injury and/or death. It is recommended that you have your car seat inspected and learn how to install it from a certified car seat technician. Visit [www.safekidsgf.com](http://www.safekidsgf.com) to find classes or car seat check-up events near you.**

## When Choosing A Car Seat:

- » When purchasing a car seat (especially prior to your baby's birth), save the receipt and box in case you need to return the car seat for any reason.
- » If obtaining a car seat from a friend or relative, check the car seat over carefully. DO NOT USE IF: pieces are missing, the seat or parts are cracked/broken, recalled or the crash history cannot be determined.
- » It is NOT recommended to purchase a car seat at a garage sale where the seller is unknown or at a second hand store. In these cases, the history of the seat cannot be determined and if it has been in a crash, the seat is unsafe to use.
- » Do not use a car seat that is older than 6 years, unless otherwise indicated by the manufacturer. The manufacture date can be found on the bottom or back of the car seat to determine its age. If the label with the date and model number is missing, the seat should not be used.



- » Be sure to send in the registration card to ensure you are notified of recalls. If the registration card has been misplaced, register online at [www.nhtsa.gov](http://www.nhtsa.gov) or on the manufacturer's website.

*Tear off and mail this part*

Consumer: Just fill in your name and address and e-mail address.

Your Name \_\_\_\_\_

Your Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail Address \_\_\_\_\_

**CHILD RESTRAINT REGISTRATION CARD**

- » Car seat accessories (head supports sold separate from the seat, seat belt tighteners, seat liners, etc.) are not crash tested and should NOT be used.



- » Mirrors, toys, and other non-essential items should be avoided. They can become projectile objects in a crash and can injure the child or someone else in the vehicle.
- » Rear-facing only car seats will have two or more slots/positions for the harness system and 1-3 crotch strap positions. It is recommended to choose a car seat with multiple slots/positions for a proper fit. This is helpful to create the proper harness fit for different sized babies.



## When Using A Car Seat:

- » Read the car seat instruction manual and your vehicle owner's manual on seat belts and child seat installation prior to use of the seat.
- » NEVER place a rear-facing car seat in front of an airbag.



- » It is recommended to place the car seat in the middle of the back seat so the child is furthest away from where a crash may occur. You must check your vehicle owner's manual as some vehicles cannot accommodate a car seat in the middle seat.
- » Never place additional padding behind or underneath your child unless it was sold with the seat. In a crash, padding sold separately from the seat may "squish" down and the harness system may be too loose to provide adequate protection.



- » If head support is needed, roll up receiving blankets and put along the outside edges of the seat/baby. This system creates support without adding additional padding behind the child. Never put padding above a child's head.



- » Snowsuits and extra padding behind the child should not be used. It is VERY important that the harness strap fit tight against the body so that in a crash, the child stays tight against the seat back. This provides support to the child's head, neck and spine and prevents injury. If there is extra padding (sheepskin, snowsuits, blankets, etc.) under the child, it will compress down in a crash causing the harness to loosen.



- » Ensure the child's clothing is appropriate. The outfit should have legs to accommodate the crotch buckle.

- » The harness retainer clip should be placed at armpit level. This puts it across the hard breastbone (rather than over soft tummy tissue) and also keeps the straps together so the child is not ejected from the harness system.



- » Check harness straps to make sure they are not twisted and are properly routed.



- » Once installed in the vehicle, the car seat should not move more than 1 inch from side to side when holding the car seat at the belt path.



- » Have your car seat checked by a certified car seat technician. Safe Kids Grand Forks and Altru Health System sponsor routine car seat check up events at various communities. **Visit [www.safekidsgf.com](http://www.safekidsgf.com) for dates, times and locations.**

