

Choose Right Fit Right

The law requires that all children must be restrained when travelling in a car. Choosing, correctly fitting and always using a restraint most appropriate to your child's size significantly reduces their risk of injury in a crash. Always choose a restraint with the Australian Standards mark.

CHOOSING A CHILD RESTRAINT

Forward Facing Child Seat

For children weighing around 9kg to 18kg (From ages 6 to 9 months to approximately 5 years)

A child seat faces forward and has a six-point harness. It is held in place with a vehicle's existing lap/sash seat belt and the tether strap from the restraint.

A child seat should be used until your child no longer fits. This is when the child's shoulders are too broad to fit in the seat or when the child's eyes are above the top of the restraint.

Make sure the harness fitting a child in a restraint is done up snugly, and the child keeps both arms within the harness.

Booster Seat

For children weighing from around 18kg, from about 5 years, until they fit correctly into an adult seat belt (at around 145cm tall)

A rigid booster seat with a back and side wings is recommended for children when they outgrow their forward facing child seat, at around 18kg. A booster seat lifts a child so that an adult lap/sash seat belt, or a child harness with a centre rear lap belt, can fit well and provide better protection.

Children should be secured in a booster seat until good adult seat belt fit can be achieved. This is usually when they are about 145cm tall and the adult seat belt fits low across the hip bones and the shoulder strap passes on the outer part of the shoulder, not across their neck. The lap belt should not ride up over the soft abdomen.

When using an adult belt, either alone or with a booster seat, do not allow a child to place the sash portion of the belt under their arms or behind their back. Never use a booster seat only with a lap only belt.

USING A CHILD RESTRAINT

If purchasing a vehicle, ensure it is compatible with child restraint requirements.

It is recommended that all restraints are fitted and checked by an RTA Authorised Restraint Fitter.

Check restraints regularly and make sure that straps securing a restraint to a vehicle are done up firmly and are not twisted.

Only move your child to the next form of restraint when they are too big for their current one (size is a more important guide than age).

Where possible restrain children in the back seat of the car. Child restraints, including booster seats, must not be used in the front seat of a car fitted with a passenger airbag.

Sizes and ages are provided as a guide only. Always seek the advice of an RTA Authorised Restraint Fitter and refer to restraint manufacturer's instructions.

For more information contact
Kidsafe NSW on 02 9845 0890 or
www.kidsafensw.org
or the RTA Enquiry Line 13 22 13

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