A high chair is designed to give a child a safe place to eat meals. They are used when a child can sit up and has started to eat solid food. In a high chair your older baby or toddler can join the family at the table for dinner. A high chair can be very useful but you should inspect it to make sure it is really safe.

Freestanding high chairs should comply with the safety requirements of Australian Standard AS 4684-2009 High chairs—Safety requirements.

Babies and children can have accidents in high chairs. If they stand on the seat or rock the chair they can fall on the ground or even be strangled. Make sure the safety harness is properly fastened every time you put the child in the high chair, even when you are in a hurry or are using it for only a few minutes.

Second-Hand High Chairs
If you plan to use a second-hand high chair you will need to be extra careful to make sure your child is going to be just as safe as in a new one. Here are some things to check;
- Is the frame solid and sturdy with no damaged parts?
- Are the bolts or screws properly tightened?
- Is there a harness and if so, is it in perfect condition?
- Does the seat have any cracks or tears that could break off and choke a child?

Don’t take the chair unless it is in excellent condition or unless you fix everything to be like new. If there is no harness or if it is not working properly fit a 5-point adjustable harness to the high chair.

Booster Seats and Hook-on Seats
Kidsafe NSW recommends extreme caution when using a booster seat or a hook-on seat because children can easily be injured if they are used wrongly.

Booster seats are little seats designed to sit on a normal chair. They are used so a toddler can sit at the table when they grow out of a high chair. A good booster seat will have straps to secure the seat to the chair so it doesn’t slip off. It should also have straps to restrain the child safely in the seat.

Hook-on seats are designed to attach to the side of a table. The entire weight of the child is balanced on the edge of a table which needs to be solid and sturdy to prevent tipping. The seat should have a slip-resistant mounting device that needs to be checked to make sure it holds firm.
Safety Features for High Chairs

- Select a high chair that meets the Australian Standard for high chairs (AS4684-2009)

- A six month old should be able to sit in the high chair safely without the risk of falling through any opening. The high chair is usually large enough for a child to use until they are big enough to use a normal chair.

- A high chair fitted with a 5-Point adjustable harness will keep the child secure and prevent them from climbing or falling out.

- Make sure the straps are secure when buckled and easy to operate.

- The chair should be sturdy and have strong legs.

- Select a highchair that has arm rests.

- A removable tray that can be adjusted is useful. If the tray is removable, the highchair should have a bar to prevent the child from falling forward when it is removed.

- Ensure that there are no protrusions, sharp edges or spaces where fingers or toes could get pinched or caught.

- Check that folding high chairs are stable and that locks work properly and are easy to operate.

Safe Practices

- A child is not ready for a high chair until they can sit up by themselves. Make sure an infant can’t slip out of the chair.

- Supervise a child in the high chair at all times. If you have to leave the room, take the child out of the high chair and take the child with you.

- Ensure that child is buckled securely into the highchair every time you use it.

- Make sure the child’s fingers do not get caught when you adjust the tray.

- Store the high chair out of reach when not in use.

- If its height is adjustable, position the chair at its lowest point to the ground.

- Secure any wheel locks so the chair doesn’t move around while being used.

- Use the high chair in a safe place where the child is at least 500mm away from hazards such as the stove, windows, doorways, blinds, curtains and appliance cords.

For more information visit:

- Product Safety Australia productsafety.gov.au
- Product Recalls Australia recalls.gov.au
- NSW Fairtrading fairtrading.nsw.gov.au

Some people prefer to use a low chair instead of a high chair because they feel it is less risky for a young child to sit closer to the ground.