

UC DAVIS HEALTH

Car Seat Safety Guide



REAR-FACING – Infant & Convertible Seats

- Infants and toddlers under 2 years of age must ride in a rear-facing car seat unless the child weighs 40 pounds OR is 40 or more inches tall.
- Car seat straps are at or below child's shoulders.
- Chest clip is buckled and at armpit level.
- Car seat straps are snug, you can't pinch them together at the shoulders.



FORWARD-FACING – Convertible & Combination Seats

- Children are ready to ride in a forward-facing car seat when they are at least 2 years old or have outgrown the rear-facing height and weight limit of their convertible car seat.
- Car seat straps are at or above child's shoulders.
- Chest clip is at armpit level.
- Car seat straps are snug, you can't pinch them together at the shoulders.



BOOSTER SEAT – High-back or backless

- Children over 5 years and 40 pounds
- The belt positioning booster seat will raise your child up so that the lap and shoulder belt can fit properly.
- Shoulder belt lies on the middle of the shoulder and chest.
- Lap belt lies on upper thighs not the stomach.



SEAT BELT – Older Children

Keep children in a booster seat until:

- They are tall enough to sit in the seat without slouching, usually when they are 4'9" tall.
- They can sit all the way back in the vehicle seat with knees bent at the edge of the seat.
- The shoulder belt crosses the center of the chest and rests on the shoulder (not the neck).
- The lap belt fits low and snug on the hips/upper thighs (not the stomach).
- They can stay seated like this for the whole trip.



California Law Requires

Children to be correctly restrained in a car seat or booster seat until they are 8 years old OR 4'9" tall. **Children under 2 years of age shall ride in a rear-facing car seat unless the child weighs 40 pounds OR is 40 or more inches tall.** All children 8 years and under must be restrained in the back seat.

UC Davis Trauma
Prevention Program
916-734-9798



UC DAVIS HEALTH Car Seat Fitting Stations

Please call to schedule an appointment

Sacramento Area

| | |
|--|--------------|
| UC Davis Health..... | 916-734-9798 |
| Dignity Health (Carmichael & South Sac)..... | 916-864-5779 |
| Cosumnes Fire (Elk Grove)..... | 916-405-7114 |
| CHP South Sacramento..... | 916-897-5600 |
| West Sacramento Fire Department..... | 916-617-4600 |

Outlying Areas

| | |
|-------------------------------|---|
| San Joaquin County..... | 209-468-8914 |
| CHP-Newcastle..... | 530-663-3344 |
| UC Davis Fire Department..... | 530-752-3852 |
| CHP-Woodland..... | 530-662-4685 |
| Yolo County HHSA..... | 530-406-4410 |
| AAA..... | Visit: aaa.com/carseats |

Car Seat Installation Tips

READ THE CAR SEAT'S INSTRUCTION MANUAL and the portion of your vehicle's owner manual on car seat installation. Every car seat needs to be installed using either the lower anchors or the seat belt to secure it in place.

Place the car seat in the **proper direction** in the back seat. Route the seat belt or lower anchor connector webbing through the proper belt path.

Buckle and lock the seat belt or secure the lower anchors. Place your hand in the car seat and press while tightening the seat belt or lower anchors.

Ensure the car seat does not move more than one-inch side to side or front to back when testing at the belt path using moderate force.

REAR-FACING INSTALL:

Be sure the car seat is installed at the correct recline angle. Most car seats have built-in angle indicators or adjusters to help you with this step.



FORWARD-FACING INSTALL:

Be sure to connect the top **tether strap** to the tether anchor in the vehicle. This step is very important as it limits forward head movement in a crash.

