

## Booster seats are IMPORTANT

If you're under 12 years old, or less than 135cm in height, you are legally, required to use a booster seat in the car.



- ✔ Seatbelts are made for adults.
- ✔ Without a booster, a seat belt is too high for you if you are less than 135cm/12 years old. This can hurt them in a crash.
- ✔ The booster seat lifts you up, so the seat belt sits on your hips and shoulder properly.
- ✔ A booster with side wings and head rest will give you protection from side crashes.
- ✔ It's important that you and your friends use a booster seat if you need one!
- ✔ People grow taller at different rates, some classmates might not need a booster seat any more, and others might - it's important they do, so they are safe in the car.

## The 4 things to know to ensure your child is sitting safely!

- | Ensure your little one is in the right stage seat for their age, weight and height

Unsure which seat your little one should be in?

Visit [www.goodeggcarsafety.com](http://www.goodeggcarsafety.com) and use our seat selector tool!

Ensure the seat is compatible with the car.

Not every car seat fits every car, even ISOFIX seats. Have your car seat professionally checked in your car. For ISOFIX seats, check the vehicle compatibility list which is found on your child seat manufacturer's website, to ensure the seat has been approved as safe in your car.



Ensure your little one's seat is fitted properly

It's very easy to fit a child seat incorrectly. When properly fitted, a child seat should have barely any movement – no more than an inch in any direction. To get a tight belt fit, push your knee in the seat while pulling the seat belt tight.



Ensure your little one is strapped in safely

The harness needs to be very tight to your child to work properly.

- Remove any thick coats and jackets
- Ensure the harness straps are level with your child's shoulders.
- Pull the straps tight enough so you can only just slip two fingers flat between your child and the harness at collar bone level.



## Car Seat Checks for Older Children



### High Back Booster Seat

Always opt for a high back booster seat, over a booster cushion. Booster cushions are not able to route the chest part of the seat belt correctly, they also do not offer any torso support or side impact protection.



### Adjusting The Head Rest

Remember to adjust the head rest height as your child grows, the head support should sit above your child's shoulders, protecting their head.

The height can normally be increased by operating a squeeze lever at the back of the seat.

You may need to remove the vehicle headrest.



### Seat Belt Fitment

When fitting the seat belt across your child and their booster, ensure you read the instructions for the correct routing of the adult seat belt.

The seat belt on high back boosters must sit under the 'horns' that are either side of the seat – this prevents the seat from slipping in a collision, and ensures the lap part of the belt is low on your child's hips, and not dangerously high on their tummy.



### Shoulder Belt Placement

The shoulder belt should not be slipping down onto your child's arm, or sitting up on their neck – if it is, then the height of the head support requires adjustment.

The shoulder belt should run across your child's shoulder.



### Airbag

Read the child safety section of your vehicle manual as this will give you vital safety information, such as if the airbag needs to be off for older children – some vehicles do not allow children in the front at all.



## Good Egg Safety

### Seat Stage & Common Errors Guide

Good Egg Safety is all about keeping families safer. As parents, we don't intentionally fit our child's seat incorrectly however if we are unaware of the possible errors that can occur then we cannot ensure our little ones are sitting safely.

During 2014, we found, on average, that 67% of child seats across the UK were incorrectly fitted. (64% in Scotland and 71% in England & Wales).

This is why we want to share some of the most common fitting errors with you.

Please print out this handy guide for future reference. The Seat Stage table below will let you know what stage your child is at and the tips that follow will help you to ensure they are sitting safely.

CHILD SEAT GROUP CHART				
SEAT GROUP	WEIGHT (kg)	WEIGHT (lb)	HEIGHT LIMIT	APPROX AGE
Infant Seat Group 0+	0 - 13kg	0 - 29lb	TOP OF HEAD LEVEL WITH TOP OF SEAT	Newborn to 12/15 months
Child Seat Group 1	9 - 18kg	20 - 40lb	EYES LEVEL WITH TOP OF SEAT	9 months* to 4 years*
Booster Seat Group 2,3	15 - 36kg	33 - 80lb	12 years old or 135cm/4'5"	4 to 12 years
COMBINATION GROUPS				
Infant and Child Seat Group 0+1	0 - 18kg	0 - 40lb	EYES LEVEL WITH TOP OF SEAT**	Newborn to 4 years
Extended Rear Facing Seat Group 1,2	9 - 25kg	20 - 55lb	EYES LEVEL WITH TOP OF SEAT	9 months to 6 years
Child and Booster Seat Group 1,2,3	9 - 36kg	20 - 80lb	HARNESSES. When harness straps begin to dip below shoulders on highest setting, SEAT. At 12 years old or 4'5"	9 months to 12 years*

\*Even if your baby can sit unaided for 30 minutes and they weigh 20lb, they are still FAR safer sitting rear facing. 9 months is very young to forward face, and it is not as safe as rear facing. \*\*Some 0-1 seats may be outgrown rear facing when top of head is level with top of seat, refer to instruction manual



## Car Seat Checks for Babies and Toddlers

### Seat Belt



Make sure the seat belt is routed through the correct seat belt guides:

- These are BLUE for rear facing
- RED for forward facing



Ensure the seat belt is flat, with no twists. Press down into the seat and pull the belt tight, for a firm fit.



Ensure no part of the seat belt buckle sits on or over the frame of the child seat

### ISOFIX



Ensure the ISOFIX seat is compatible to your car by checking the compatibility list. ISOFIX car seats are typically approved semi-universal and this means they will not fit every car.

When in place, check that all indicators have turned green. Remember, never fit a seat with the support leg on top of a storage box lid.

If your seat has a top tether, ensure it is firmly attached to a top tether point, not a luggage hook

### Airbag



If your seat is rear facing and fitted in the front of the vehicle, it is a legal requirement to have the airbag deactivated.

If your child seat is forward facing and fitted in the front, it is important to check your vehicle manual – some vehicles do not allow child car seats in the front, or have special airbag requirements for forward facing children.

### Harness Use



Ensure the harness is fitted level to your child's shoulders, if you cannot get the harness in line with their shoulders, the harness may dip just below when rear facing, and be just above when forward facing.

The harness must be untwisted, flat and not damaged. It must sit close to your child's body to be effective - remove all thick, puffy and padded clothing and pull the harness tight enough so that you can just slip a finger between your child and the harness at collar bone level.

### Manual



Read the instruction manual that came with your child seat, and read the child safety section of your vehicle manual. This will give you specific instructions on how to use your seat, including if the vehicle headrest must be adjusted, and the safe positioning of your infant seats' carry handle.

## Most Common Car Seat Fitting Errors

### Harness Errors



#### Harness Height

The harness of your child's car seat should fit level with their shoulders. If you cannot get the harness level, it may dip just below when rear facing, or sit just above the shoulders when forward facing. Refer to your child seat manual to learn how to adjust the height of the harness in your child's car seat.

#### Harness Tension

The harness of your child's car seat should be fitted firmly to them, with the harness flat, straight and untwisted. The harness should fit close enough to your child's body to allow you to just be able to slip two fingers flat between the harness and their body, at collar bone level.



#### Clothing

The clothing your child wears in the car seat is important to get right. Thick, puffy and chunky clothes, jackets and snowsuits will cause the harness not to fit close to their body, potentially reducing its effectiveness in a collision.

Also avoid strapping your child into their car seat if they are wearing very frilly dresses or tutus – these can also impede the fit of the harness.

For maximum protection, your child should be dressed in thin layers, a thin fleece is safe to wear in the car seat to keep them warm.

### Fitting Errors

#### Seat Belt Use

Seat belt problems are one of the most common fitting errors found when we check car seats. Ensure the seat belt is completely flat and untwisted. It should be pulled tight enough so that you cannot move the seat more than one inch in any direction.

**TIP!** Push down on the child seat when fitting to get a really tight fit!



#### Compatibility

Not every seat belt fitted seat fits every car, be sure to seek professional advice when buying and fitting your car seat!

When fitting ISOFIX, be sure to check the vehicle compatibility list to ensure the seat has been tested in your make and model of car.

#### Buckle Crunch

If any part of the plastic seat belt buckle casing is on or over the plastic frame of the seat, it is an unsafe fit.

This puts pressure on the casing, and in a collision, the casing could shatter – causing the car seat to not be safely restrained.

