

# How about going out to your car with your child and checking these key points together.

When your child sits on the vehicle seat:



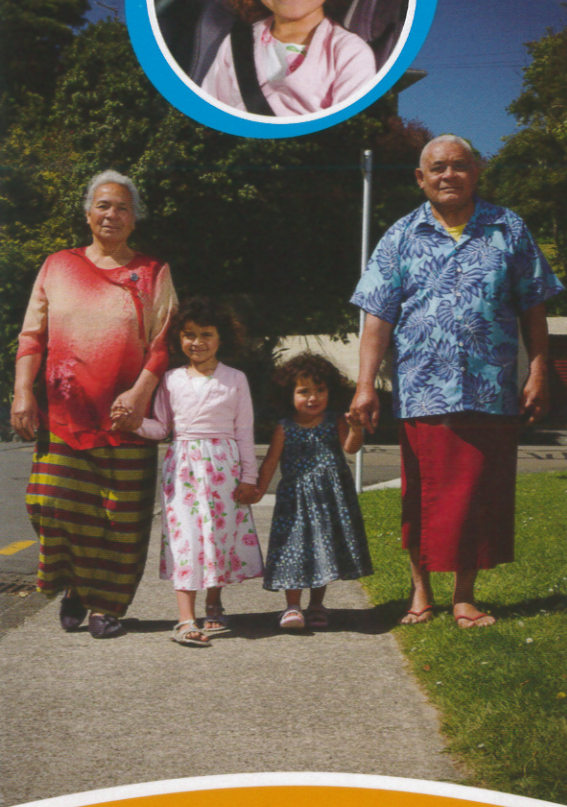
YES NO

1. Do they sit all the way against the car seat? ☐ YES ☐ NO
2. Do their knees bend comfortably at the edge of the car seat? ☐ YES ☐ NO
3. Does the safety belt cross the shoulder between the neck and arm? ☐ YES ☐ NO
4. Is the lap belt as low as possible, touching the thighs? ☐ YES ☐ NO
5. Can they stay seated like this for the whole trip? ☐ YES ☐ NO

If you answered "no" to any of these questions, your child needs a booster seat to keep them safe.



# Booster Seats Save Lives



- Safety belts are designed to protect adults, NOT children.
- A booster seat used with a safety belt provides best protection for your child when they have grown out of their car seat.

- A booster seat will improve the fit of the vehicle safety belt and raise your child to window level.

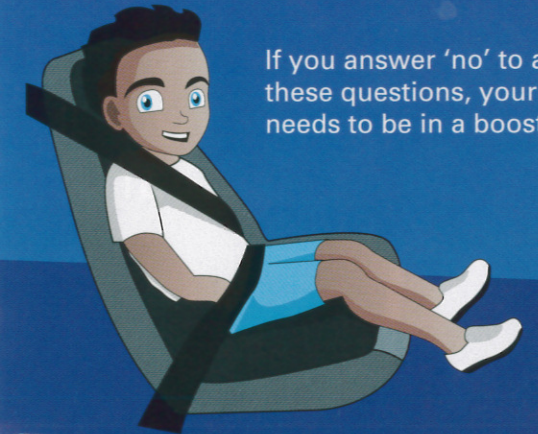


Take the 5-Step Test to see if your child needs a booster seat





## Take the 5-Step Test



If you answer 'no' to any of these questions, your child needs to be in a booster seat.

- ① Does your child sit all the way back against the car seat?
- ② Do your child's knees bend comfortably at the edge of the car seat?
- ③ Does the belt cross the shoulder between the neck and the arm?
- ④ Is the lap belt as low as possible, touching the thighs?
- ⑤ Can the child stay seated like this for the whole trip?

### Where can I get a booster seat?

**To buy:** In department stores, larger toy stores, shops that sell baby supplies, and some car seat rental schemes.

**To rent:** Plunket Car Rental Schemes, Maori and Pacific Health Organisations, and some community groups.

Information on correct installation of child car restraints is available at car seat retailers and rental schemes, and at [www.safe2go.co.nz](http://www.safe2go.co.nz)

For more information, visit [www.safekids.org.nz](http://www.safekids.org.nz)

bcg<sup>2</sup>

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How do you know when children are old enough to travel without a booster seat? Well it's not how old they are.

**It's how tall they are.**

**THE HIGHER  
BR YOU SIT  
THE SAFER  
THE FIT**

It is generally accepted that children under the height of 148cm should be seated in an appropriate child restraint\*. The type of car restraint you should use depends on the age and size of your child.

\* NZ Transport Agency, Factsheet 7, Child Restraints, May 2010.

## 4 Steps for kids



INFANT



TODDLER



BOOSTER



SAFETY BELT