Correctly used child restraints can reduce the risk of injury or death.

**FACT:**
Correctly used child restraints can reduce the risk of injury or death.

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**Seat Belts**

Children whose vehicle lap and shoulder belts fit correctly and who are over 8 years of age or 57 inches in height must be properly secured with vehicle lap and shoulder belts, according to vehicle manufacturer instructions. Adult passengers in all seating positions shall be properly secured with vehicle seat belts according to the vehicle manufacturer instructions.

- All children should ride in the back seat until at least 13 years of age
- Ensure children fit properly in the seat belt by conducting the **Seat Belt Fit Test**
  - Knees must bend naturally over the seat edge
  - Lap belt low and snug across the upper thighs
  - Shoulder belt snug across the chest and shoulder
  - Position is maintained for the entire ride

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**CORRECT USE CHECKLIST**

- Child is the right weight and height for the seat
- Ensure harness height is appropriate for the seating direction
- Harness should be snug and flat against the child (not able to pinch any excess harness above the chest/retainer clip)
- Chest/retainer clip should be positioned on the child’s chest at armpit level
- Seat belt or LATCH is tightly securing the car seat in place and it should not move more than one inch from side to side or towards the front (Note: always check the belt path the car seat is installed at)
- Booster seats must be used with vehicle lap and shoulder belts
- Children should not be dressed in bulky clothing when secured in a child restraint

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**CAR SEAT SAFETY**

June 2019

New Jersey Department of Children and Families
Infants and toddlers under the age of 2 and weighing less than 30 pounds must be secured in a rear-facing child passenger restraint system which is equipped with a five-point harness; unless they exceed the maximum rear-facing weight or height limitations allowed by the specific convertible child restraint manufacturer.

- Ensure the child is the correct weight and height for the child restraint
- Harness height is AT OR BELOW child’s shoulder
- The top of the child’s head must be at least 1 inch below the top of the child restraint
- Chest clip/retainer clip should be located on the child’s chest at armpit level
- Child restraint should be tight and move no more than one inch at the installed belt path. (The belt path on a car seat is the space where the vehicle seat belt passes through the car seat frame)
- All child restraints should be installed in the back seat

Children age 2 or older, and those younger than age 2 who have outgrown the rear-facing weight or height limit of a convertible child restraint, shall ride in a forward-facing child restraint with a harness up to the highest weight or height allowed by the child restraint manufacturer.

- Ensure the child is the correct weight and height for the child restraint
- Harness height should be AT OR ABOVE the child’s shoulder
- The top of the child’s ear should not come above the top of the child restraint
- Chest clip/retainer clip should be located on the child’s chest at armpit level
- Top tether must be attached to the appropriate anchor in the vehicle
- Child restraint should be tight and move no more than one inch at the installed belt path
- All child restraints should be installed in the back seat

Children whose weight or height exceeds the harness use limits of a forward-facing child restraint shall ride in a belt-positioning booster seat until the vehicle lap and shoulder belts fit correctly and they are under the age of 8 and a height of 57 inches.

- Lap and shoulder belt must be used
- Both lap and shoulder belt must be under the arm rest on the side where they buckle in
- Lap belt on upper thigh pelvis
- Shoulder belt over shoulder across chest
- Head restraint must be at least as high as the child’s ear

**WARNINGS!**

NEVER put a child in a rear-facing restraint in a front seat with an air bag. Car seats are for travel and should NOT be used for sleeping except in the vehicle.

Children SHOULD NOT be dressed in bulky clothing when secured in a child restraint.