



Booster for Safety

Tips for Keeping Your Kids Safe in the Car

- For children 4-8 years and 40-80 pounds
 - Use a booster seat with the vehicle lap-shoulder belt
 - Seat should be secured in the back seat of the car
 - Lap-shoulder belt should be adjusted to fit properly and lie flat
 - Use a high-back booster if you do not have a head rest on the seat
- For children 8 years or older and 4'9" (57") tall
 - Use the vehicle adult lap-shoulder belt: recommended only if the child passes the 5-Step Test
 - Be sure that the belt fits correctly over the child's hips and across the middle of the shoulder
 - All children 12 and under should ride only in the back seat

5-Step Test

Follow these five safety checks to make sure your child is ready to use only a seatbelt. Remember, all five of these checks must be met before your child can graduate from a booster seat to using a seat belt only.

- 1) Your child can sit all the way back against the auto seat
- 2) Your child's knees bend comfortably at the edge of the auto seat
- 3) The shoulder belt crosses between the shoulder and chest (not the neck)
- 4) The lap belt fits snug against the hip bones and top of thighs
- 5) Your child can stay seated like this for the whole trip

Contact Tracey Holmberg, RN at **303-788-5358** or email at Tracey.Holmberg@healthonecares.com if you have questions.