



Using child restraints – get it right every trip

A guide to keep your child safe

How to check seats daily to make sure they are safe:

- 1 Is the seat right for your child's size?
- 2 Is the seat correctly installed in the car?
- 3 Is the child securely buckled in?



More than 70% of child restraints are not installed correctly. To protect your child, it is important to have the car seat installed and used correctly on every trip.



Rearward and forward-facing seats

Firm harness fit and no twists

Adjust the harness so that it is firm with no more than a two-finger gap between your child and the harness.

Seatbelt buckled in

Check the seatbelt or ISOFIX attachments securing the restraint are correctly clicked into place.



Booster seats

Firm seatbelt fit

Check the seatbelt is firmly fitted and the lap part of the seatbelt passes over the upper thighs and across the hips – not the stomach area.

Seatbelt guide

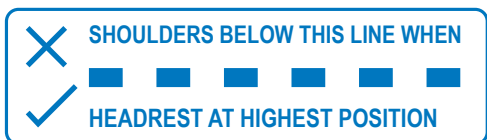
Use the seatbelt guide to position the seatbelt on your child's shoulder.

Top tether

Ensure the top tether is appropriately attached to a child restraint anchor point.

Monthly safety checks

Use each type of child restraint until children outgrow them.



Check the restraint is still the right size for your child. When their shoulders are above the upper shoulder height marker, they can move to a larger child restraint in the same category or move to the next type of child restraint.



It is safest to keep using a restraint until your child outgrows it, regardless of their age.



Rearward-facing seats

Use the harness strap slot nearest to the top of your child's shoulders.



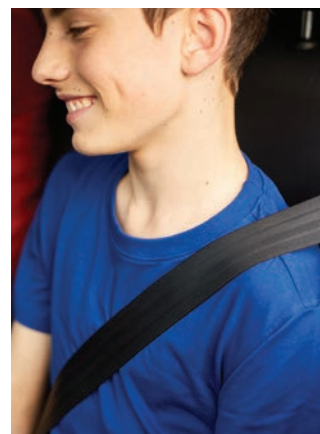
Forward-facing seats

Use the harness strap slot nearest to your child's shoulders - maximum 2.5cm below the shoulders acceptable.



Booster seats

Adjust the head restraint if your child's shoulders are above the upper marker.



Adult seatbelts

Children must pass the 5-step test to safely use an adult seatbelt. This usually happens once they are 145cm tall. (See table below).

1

Lower back against seat

2

Seat belt against shoulder

3

Knees bend over seat

4

Lap belt against hips, touching thighs

5

Child stays in position for whole trip

- ✓ Always follow the manufacturer's instructions when installing and using restraints
- ✓ Find your nearest RACV restraint fitter racv.com.au/childrestraints

For more information, visit racv.com.au/childrestraints

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