Using restraints
getting it right every trip - a guide to keeping your child safe

Check seats daily to make sure they are safe

✔ Seat correctly installed in the car
✔ Child is securely buckled in
✔ Right seat for child’s size

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

Rearward and forward facing seats

Firm harness fit and no twists
Pull the adjustment strap so the harness is firm with no more than a 2 finger gap between your child and the harness.

Secure arms
Check your child’s arms are secured correctly in the harness straps.

Seatbelt buckled in
Check the seatbelt securing the restraint is buckled in.

ISOFIX attachments
If your seat is secured via ISOFIX, check the attachments are correctly clicked into place.

Top tether
Ensure the top tether is appropriately attached to the correct child restraint anchor location.

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
If there is a top tether, make sure it is appropriately attached to the correct child restraint anchor location.
Monthly safety checks
Check the restraint is still the right size for your child. When a child’s 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. Use each type of child restraint until your child outgrows it.

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

Rearward facing child restraints
Use the harness strap slot nearest the child’s shoulders but not below the shoulders.

Forward facing child restraints
Use the harness strap slot nearest to the child’s shoulders but no more than 2.5cm below the shoulders.

Booster seats
Adjust the head restraint if the child’s shoulders are above the upper marker.

Adult seatbelts
An adult lap-sash seatbelt is designed for people with a minimum height of 145cm.

Always follow the manufacturer’s instructions when installing and using restraints
Check the safety and ease of use ratings childcarseats.com.au
Find your nearest RACV restraint fitting station racv.com.au/childrestraints

For expert advice about restraints
racv.com.au/childrestraints
1800 134 126

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