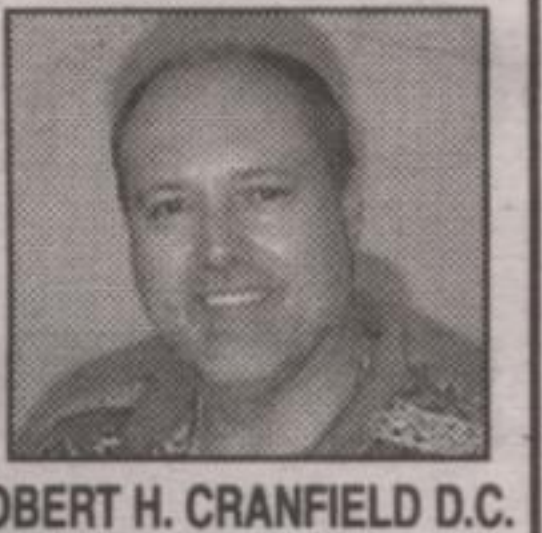


Health Care

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Child car seats— is yours installed correctly?



Three-year-old Sean David Kohler demonstrates the proper way of being buckled into a car seat.

As a parent or caregiver, it is your responsibility to ensure your children's safety. According to the Infant & Toddler Safety Association (I&TSA), a correctly-used child seat will reduce the chances of a child being injured or killed in a crash by 75 per cent.

Tomorrow (April 21) is Love Me—Buckle Me Right Day. This is a special day to remind parents and caregivers to properly buckle or restrain their children in car or booster seat.

According to the I&TSA, using a child safety seat involves two stages: 1. Harnessing your child in the seat correctly 2. Putting the seat in your vehicle correctly. The child safety seat that you have purchased will come with instructions on how to use it. Read them carefully, and when you've used the seat for a while, read the instructions again, because it's easy to miss some things.

If you need some one-on-one help, there will be a car seat inspection clinic sponsored by the Co-operators Insurance Company at the Joshua Creek Fire Hall, 2010 Joshua Creek Dr. in Oakville, tomorrow (Saturday) between 9 a.m. to 4 p.m. Call the Co-operators at 1-905-681-7711 for an appointment.

Halton Region's Health Department and Social and Community Services have teamed up with agencies throughout Halton to provide residents with access to information, and opportunities for child restraint inspection. These partners include the Ontario Provincial Police, Halton Regional Police Services, Co-operators Insurance, Fire Prevention divisions within Halton and Injury Prevention Coalitions.

Additional clinics are being offered throughout Halton for parents and caregivers to ensure that their car seat is installed correctly.

For more information about car seat safety and upcoming clinics, call Halton Region Social and Community Services Department, 1-866-4HALTON (1-866-442-5866).

Health Notes is prepared by the staff of the Halton Region Social and Community Services Department.

Consider this...

Proper use of your child seat is important, and parents and caregivers should consider the following points before travelling.

- All car seats and children under 12 years of age should be in the back seat of the vehicle if there's an air bag on the passenger side of the front seat.
- All car seats should have a sticker on the seat that reads "Complies with Canadian Motor Vehicle Safety Standards (CMVSS) which indicates that the seat is safe to use, and has been tested to meet Canadian standards
- Transport Canada recommends not using car seats that are more than 10 years old
- Any seat with torn padding, cracked or discoloured plastic should be replaced regardless of its age
- All forward-facing car seats **MUST** be anchored with a tether strap to prevent the top of the car seat from moving forward or sideways in a sudden stop or collision. The tether strap should be attached to the back of the car seat and fastened to an anchor that is bolted to the vehicle in a location specified by the manufacturer
- When a child safety seat or booster seat is not in use, secure it with the vehicle seat belt
- Store all objects safely in the car. Items that are not secured can fly around if there is a sudden stop or collision, possibly injuring all riders
- Give children only soft toys to play with in the car. Suckers, pencils and straw can cause injury
- Booster seats are recommended for children 40-60 lbs. Booster seats are the safest way to position the adult seat belt correctly over a child's body

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