



Child Passenger Safety

Keeping children safe while riding in a vehicle is an important job for every parent. Proper use of car seats helps ensure their safety. The type of seat your child needs depends on several factors including age, size, and type of vehicle.

- **Rear-facing seats** placed in the back seat should be used by children from birth to at least one year of age and at least twenty pounds. Infants riding rear-facing must never be placed in front of an airbag.
- **Forward-facing toddler seats** should be placed in the back seat and used by children from one year of age and twenty pounds to about four years of age and forty pounds.
- **Booster seats** in the back seat should support children from about four years of age to at least eight years of age, unless they are 4'9" tall.
- **Safety belts** should be worn by children eight years of age and older or taller than 4'9". All children twelve years of age and under should ride in the back seat.

Remember to keep the following tips in mind:

- Never hold a child on your lap. You could crush him or her in a crash, or the child may be torn from your arms.
- Always read and closely follow manufacturer's instructions.
- Be a good role model. Make sure you always wear your seat belt. This will help your child form a lifelong habit of buckling up.

Not sure what kind of car seat to purchase? The National Highway Traffic Safety Administration uses a 5-star rating system that ranks car seats in evaluation of instructions, evaluation of labels, vehicle installation features, and securing the child. Check out nhtsa.gov for more information.

For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

