

# Seat Belt Safety Tips

Everything you need to know about kids wearing seat belts.

Let's see, there's "Click it or Ticket!" "No Belt, No Brains," and "What's Holding You Back?" But no matter how you say it, one thing is clear: Buckling up on every ride is the single most important thing a family can do to stay safe in the car. Here are a few tips to make buckling up a part of every car ride.

Use a booster seat with the vehicle lap AND shoulder seat belts until your child passes the following Seat Belt Fit Test:

- Be sure your kids are ready for a seat belt by giving them the following Seat Belt Fit Test:



- Your children's knees should bend at the edge of the vehicle seat when their backs and bottoms are against the vehicle seat back; and
- The vehicle lap belt should fit across the upper thighs; and
- The shoulder belt should fit across the shoulder and chest. Children are usually between 8 and 12 years old when the seat belt fits them properly.
- Once your children pass the Seat Belt Fit Test, teach them the importance of using seat belts on every ride, whether they're with you or not. This is a habit you can instill at an early age. If they learn this lesson early, they'll be more likely to buckle up when they're older or when you're not around.
- Kids are VIPs – just ask them. VIPs ride in a back seat, so keep all kids in a back seat until they are at least 13.

- When adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.
- A lap and shoulder seat belt provides the best protection for your children and should be used on every ride.
- We know kids like to slouch or lean against the windows during the drive, but it makes a difference in terms of safety. Have your children sit upright when using seat belts.

*It is estimated that 263 children were saved due to restraint use in 2013 alone. Compared with other age groups, teens have the lowest rate of seat belt use. Only 54% of high school students reported always wearing a seat belt when riding with someone else.*

