

# Use Booster Seats to Keep Your Child Safe



## Who Needs a Booster Seat?

Children who have outgrown forward-facing car seats are ready to use a booster seat if they are less than 4 feet 9 inches tall and weigh between 40 and 80 pounds (18-36kg).

Putting your child in a seatbelt before he is big enough puts him at risk for serious injury or death in a crash.



# Why Use a Booster Seat?

Seatbelts are made for people at least 4 feet 9 inches (145 cm) tall. When a child is too small for a seat belt, it touches the child's neck and rests too high on his stomach. Without a booster seat, your child could be seriously injured in a crash.

A booster seat provides 75 percent more protection than seat belts alone.

## How do Booster Seats Work?

A booster seat lifts your child up so that the seat belt fits correctly. Your car's lap and shoulder belt will hold your child and the booster seat in place in a crash or sudden stop.

There are different types of booster seats sold in Canada.

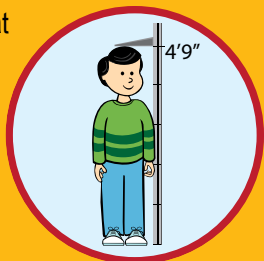
A high back booster seat provides head and neck protection in cars without head restraints.

A no back booster seat can be used in cars that have adjustable head restraints or high seat backs.



## When is a Child Ready to Use a Seat Belt Alone?

To find out if your child is ready for the seat belt, measure your child, and then check that the seat belt fits correctly. The shoulder belt should cross your child's chest without touching his face or neck, and the lap belt should fit low over his hips. If the seat belt does not fit this way, your child still needs to use a booster seat.



To learn more about booster seats. Visit  
[www.safekidscanada.ca](http://www.safekidscanada.ca)

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