

# Car Seat Safety

Throughout the United States, there are laws that require car seat use for children. In Ohio, parents or guardians by law must use a car seat for all children under 40 pounds and under 4 years of age. Make sure you know the car seat law of any state you may travel to. Many states require that children stay in appropriate car seats through 8 years or up to 4 feet, 9 inches tall. Car seat belts are made for adults and cannot protect a small child.

Car crashes are the main cause of serious injury and death in children. Correctly using a car seat can save a child's life or prevent a more serious injury.

## Car Seat Safety Guidelines

### Where do I place the car seat?

- The back seat is the safest place for children under 12 years to ride.
- Never place a child in the front seat of a car or truck that has a passenger air bag.
- If a child is old enough to use an adult seatbelt and must ride in the front seat, secure the child correctly in the lap and shoulder seatbelt and **move** the front seat as far back as you can from the dashboard.

# 儿童车座安全

美国各地都有要求孩子使用儿童车座的法律。在俄亥俄州，家长或监护人必须依法给体重 18 公斤(40 磅)以下和 4 岁以下的孩子使用儿童车座。请务必了解你可能会旅行经过的任何州的儿童车座法。许多州规定儿童直到 8 岁或 4 英尺 9 英寸高都必须使用适当的儿童车座。车座安全带是为成年人所用，它不能保护一个幼童。

撞车是造成儿童严重伤亡的主因。正确使用儿童车座能挽救一个孩子的生命或避免一次本可更严重的伤害。

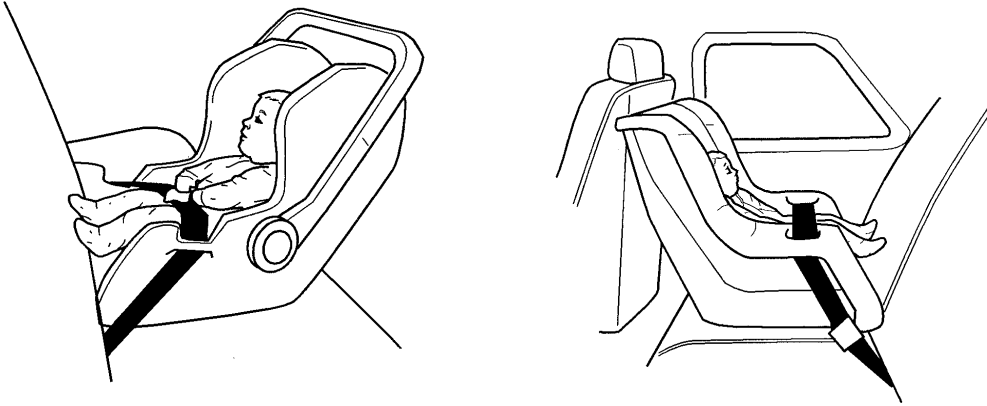
## 儿童车座安全指导方针

### 我在哪里放置儿童车座？

- 后座是 12 岁以下儿童最安全的位置。
- 千万不要将儿童置于有一个乘客安全气囊的汽车或卡车前座。
- 如果一个孩子岁数已大到可用成年人车座并必须坐在前座时，请将孩子腰部和肩部用安全带正确扣好并使前座尽量远离仪表板。

## Is my child facing the right way?

- Babies until 1 year old and 20 pounds must ride rear facing in an infant car seat.



- Children over 1 year old and between 20 and 40 pounds can ride in a child car seat **facing forward**.

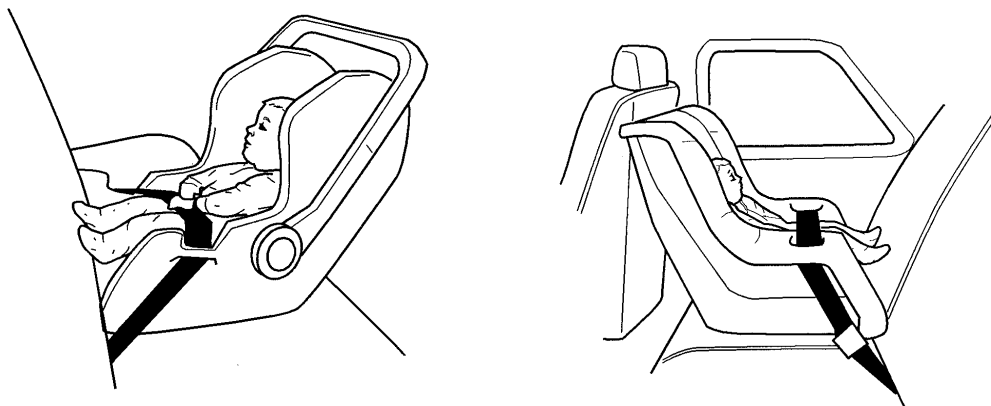


- Children between 40 and 80 pounds, often 4 to 8 years old, can ride in **booster seats**, which make the lap and shoulder belts fit correctly.



## 我孩子的面朝向对不对？

- 至 1 岁和 9 公斤(20 磅)重的婴儿都必须乘用后向式的婴儿车座。



- 超过 1 岁和 9 公斤(20 磅)至 18 公斤(40 磅)重的儿童可用前向儿童车座。



- 18 公斤(40 磅)至 36 公斤(80 磅)的儿童，通常是 4 到 8 岁，可乘用儿童加高座椅，使膝部和肩部安全带能适当地系上。



- Most children over 8 years old or 4 feet, 9 inches tall can fit correctly in a **lap and shoulder** seat belt.

### **Car Seat Safety Tips**

- Not all car seats fit in all vehicles. When installed correctly, the car seat should not move more than one inch from side to side.
- Attend a car seat safety check in your community. These may be offered by your local health department.
- Keep harness straps snug and fasten the harness clip at armpit level. Harness straps should be at or below the shoulder level.
- When using a **rear facing** infant seat, recline the car seat to keep the baby's head from dropping forward. Put the infant car seat carrying handle down.
- Rolled towels or rolled receiving blankets can be placed along the sides of the child for extra support. **Never** place padding under or behind the baby.
- The child should not have a heavy coat on under the straps of the harness. If extra warmth is needed, use a blanket over the seat.

- 大多数超过 8 岁或 145 公分(4 英尺 9 英寸)高的儿童可适当使用膝部和肩部安全带。

## 儿童车座安全提示

- 不是所有儿童车座都适合所有的车辆。若正确安置，儿童车座不应左右移动超过 2.5 公分(一英寸)。
- 请参加一次你社区的儿童车座安全检查。当地的卫生部门可能举办此活动。
- 将安全带舒适贴紧并在腋窝高度的地方扣上。安全带应在与肩部齐或低于肩部的位置。
- 使用**向后**婴儿车座时，将车座靠后一点放置使婴儿的头部不会朝前倾。将幼儿车座的扶手往下放一点。
- 可用卷起的毛巾或卷起的裹毯放在孩子的两侧作额外支撑。**千万不要**在婴儿身体下面或背后放垫子。
- 儿童在安全带下不应穿厚重外衣。如需更加暖和一些，请在车座上用一张毯子。

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