

## Try the 5-Step Test Today!

**Note:** This exercise is for children up to age 10-12 who have outgrown a regular safety seat with a harness. It shows how boosters can improve belt fit and comfort in the car.

(Please print)

Name of child \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

Child's home city \_\_\_\_\_ Zip \_\_\_\_\_

**Have the child get ready for a "pretend" ride by sitting in the car and buckling up with the lap and shoulder belt in the back seat. Answer the following the questions:**

1. Is the child sitting tall so his/her whole back is touching the seatback?  Yes  No  
(If no, please ask the child to move all the way back before continuing.)
2. Do the child's knees bend comfortably at the edge of the seat?  Yes  No
3. Does the belt cross the shoulder between the neck and arm?  Yes  No
4. Is the lap belt touching the tops of the legs?  Yes  No
5. Can the child can sit like this for the whole trip?  Yes  No

**If the answer to any of these questions is "no," the child needs a booster seat to ride safely in the car. Note: A safety seat with a harness designed for larger children or tethered harness system is needed if (a) there are no shoulder belts in the back seat of the car OR (b) if the child is very active OR (c) the child is under age 3-4.**

How is the child usually buckled up?  Safety seat with harness  Booster  
 Lap and shoulder belt  Lap-only belt

Make/model of the car child rides in \_\_\_\_\_ Year \_\_\_\_\_

Was a sample booster tried?  Yes  No

Improvements with booster: Position of  Knees  Shoulder belt  Lap belt

Do you plan to get a booster for this child?  Yes  No

Staff notes: \_\_\_\_\_

<b>SafetyBeltSafe U.S.A.</b> P.O. Box 553, Altadena, CA 91003 <a href="http://www.carseat.org">www.carseat.org</a> 310/222-6860, 800/745-SAFE (English) 310/222-6862, 800/747-SANO (Spanish)
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#634 (8-18-08)