



SafetyBeltSafe U.S.A.

MAKE EVERY RIDE A SAFE RIDE

Would you allow your two-year-old child to walk along the roof ledge of a three-story building? Are you aware that many parents never bother to protect their children from the most common cause of epilepsy and permanent brain damage? Do you know there is an "immunization" for the most deadly "disease" afflicting children today, yet many parents fail to give their children this protection?

These statements are difficult, maybe impossible, to believe. You are probably asking yourself, "How could parents not protect their child from these hazards?" But stop and think . . . How often have you seen children riding in cars without car safety seats and/or safety belts to protect them? The potential and preventable damage to children riding in cars is exactly as described in the cases above.

FACT -- The force of a car crash or sudden stop at 30 mph has the same effect on a child as falling from a three-story building.

FACT -- Injuries resulting from auto collisions are the leading cause of permanent brain damage and epilepsy in this country. Seventy per cent of children's injuries in vehicles involve the head or spine -- often in sudden stops which damage only the child.

FACT -- Although research shows that 71% of the deaths and 66% of the injuries children suffer in traffic collisions could be prevented by buckling them up, there are many children still riding at risk, due to inconsistent use of safety seats and belts.

HOW TO MAKE EVERY RIDE A SAFE RIDE

- Expectant mothers wear safety belts with the lap portion of the belt low, across the hipbones, and the shoulder portion centered on the shoulder and chest.
- Infants ride facing the rear of the car as long as possible, **at least** until one year of age.
- Children ride in safety seats with a harness as long as possible, **at least** until 3-4 years of age.
- Most children need to ride in boosters from about age 3-4 until **at least** 8 years of age.
- Children who can pass "The 5-Step Test" (available at www.carseat.org) and adults wear safety belts with the lap portion of the belt low, across the hipbones, and the shoulder portion centered on the shoulder and chest.

WE WANT TO HELP

SafetyBeltSafe U.S.A. is eager to get the message out to parents, teachers, health professionals, and the general public. Call the Safe Ride Helpline or visit www.carseat.org for more information about using safety seats and safety belts correctly.

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