

# Using restraints

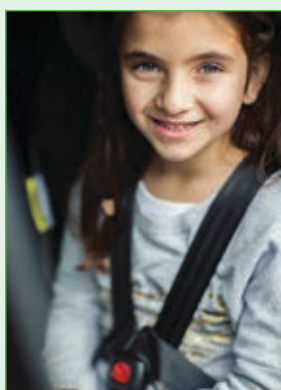
getting it right every trip - a guide to keeping your child safe

## Check seats daily to make sure they are safe

- ✓ **Seat correctly installed in the car**
- ✓ **Child is securely buckled in**
- ✓ **Right seat for child's size**

About 70% of child restraints are not installed correctly. To protect your child, it is important to have your car seat installed correctly and that it is used correctly on every trip.

## Rearward and forward facing seats



### Firm harness fit and no twists

Pull the adjustment strap so the harness is firm with no more than a 2 finger gap between your child and the harness.

### Secure arms

Check your child's arms are secured correctly in the harness straps.

### Seatbelt buckled in

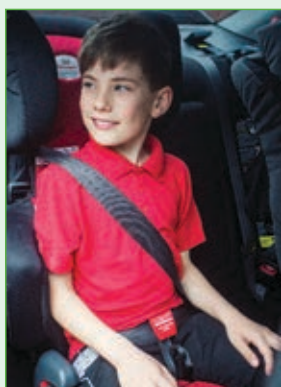
Check the seatbelt securing the restraint is buckled in.

### ISOFIX attachments

If your seat is secured via ISOFIX, check the attachments are correctly clicked into place.

### Top tether

Ensure the top tether is appropriately attached to the correct child restraint anchor location.



## Booster seats

### Firm seatbelt fit

Check the seatbelt is firmly fitted and the lap part of the seatbelt passes over the upper thighs and across the hips - not the stomach area.

### Seatbelt guide

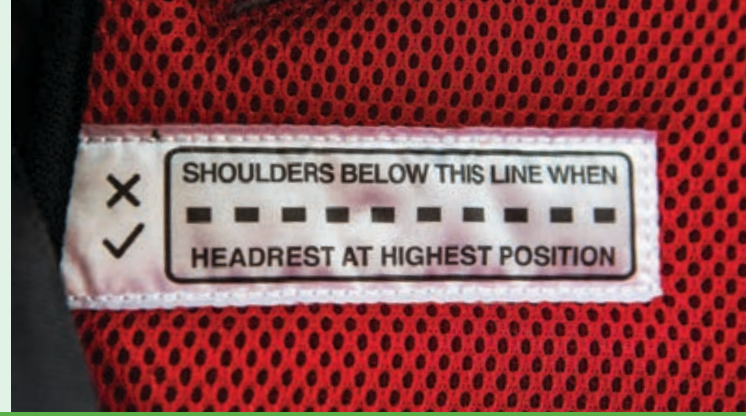
Use the seatbelt guide to position the seatbelt on your child's shoulder.

### Top tether

If there is a top tether, make sure it is appropriately attached to the correct child restraint anchor location.

## Monthly safety checks

Check the restraint is still the right size for your child. When a child's shoulders are above the upper shoulder height marker, they can move to a larger child restraint in the same category or move to the next type of child restraint. Use each type of child restraint until your child outgrows it.



It is safest to keep using a restraint until your child outgrows it, regardless of their age



### Rearward facing child restraints

Use the harness strap slot nearest the child's shoulders but not below the shoulders.

### Forward facing child restraints

Use the harness strap slot nearest to the child's shoulders but no more than 2.5cm below the shoulders.



### Booster seats

Adjust the head restraint if the child's shoulders are above the upper marker.

### Adult seatbelts

An adult lap-sash seatbelt is designed for people with a minimum height of 145cm.



- ✓ Always follow the manufacturer's instructions when installing and using restraints
- ✓ Check the safety and ease of use ratings [childcarseats.com.au](http://childcarseats.com.au)
- ✓ Find your nearest RACV restraint fitting station [racv.com.au/childrestraints](http://racv.com.au/childrestraints)

## For expert advice about restraints

[racv.com.au/childrestraints](http://racv.com.au/childrestraints)  
1800 134 126

[vicroads.vic.gov.au](http://vicroads.vic.gov.au)  
13 11 71

[kidsafevic.com.au](http://kidsafevic.com.au)  
9036 2306

