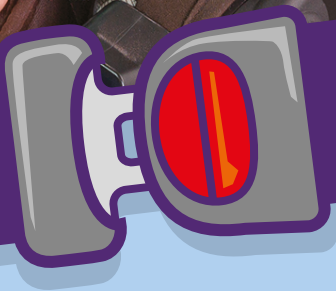




**Secure Them
for Life**



Child Safety Seats

Everything you need to know to ensure
your child's safety!

Québec 

It's the Law

In a vehicle, children must be secured in a child safety seat that is adapted to their weight and height until they are at least 145 cm tall or 9 years old. If you don't abide by this law, you are liable to a fine of \$80 to \$100 and 3 demerit points.

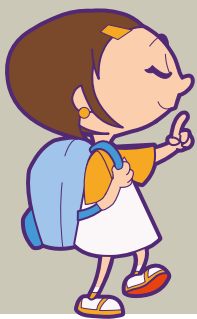
In a taxi or when using a rideshare service, if you do not have a child safety seat, your child must wear the seat belt if he or she is able to maintain an upright position. If your child is unable to maintain an upright position, you must buckle your own seat belt and simply hold your child in your lap; it is important that the child is not placed under your seat belt. For safety reasons, avoid taking a taxi or using a rideshare service with a child, except in an emergency, or unless you are able to secure the child in a safety seat.

Just having a seat is not enough: it is important to choose it well, install it properly and correctly secure your child in it.



Did You Know?

Every year in Québec, over 1,000 child passengers age 9 or under are victims of road accidents. When child safety seats are used correctly, the risk of death or serious injury is reduced by up to 70%.



Many accidents occur near home, and more than half occur in zones where speed limits are 50 km/h or less. So even if you are just going a short distance, it is important to secure your child in the seat.

Choosing the Right Seat

- The seat must have the **Transport Canada compliance label**. It is illegal to use a car seat purchased in another country because the safety standards are not the same.
- Carefully read your **vehicle owner's manual** and the manufacturer's instructions for the seat because they may vary according to the vehicle and the seat.
- Complete the **registration card** for the seat. It is also possible to register the seat online on the manufacturer's website. This way, the seat can be recalled by the manufacturer if it is defective.
- Respect the **expiry date** written on the seat or in the manufacturer's instructions because, over time, the seat materials lose resistance. For certain models of safety seat, the expiry date must be calculated based on the date the seat was made. **Only the manufacturer can extend the expiry date of a child seat.**



CAR SEATS AND ACCIDENTS

Check the seat manufacturer's instructions to see whether the seat must be replaced, depending on the severity of the accident. In case of doubt, it is strongly recommended that you replace the car seat after an accident, even if it does not appear to have been damaged. Check with your private insurer to find out whether car seats are covered by your policy.

If You Are Considering a Second-Hand Car Seat

Using a second-hand car seat is strongly discouraged. If you are considering a used car seat, make sure that:

- the car seat complies with the applicable safety standards;
- the seat has not passed its expiry date;
- the Transport Canada compliance label is still on the seat;
- the seat has never been in an accident;
- the seat model has never been recalled due to a defect (Transport Canada or Health Canada can confirm this);
- all the parts are present and intact;
- all the labels are visible on the seat.

You can always get the seat's manual from its manufacturer or the manufacturer's website.

Properly Installing the Seat



Put it in the back seat

In a head-on collision, the back seat is the furthest away from impact zones.



Keep it away from air bags

Never seat children age 12 or under in the front seat of a vehicle with a front air bag on the passenger side.

If the vehicle is equipped with side air bags or curtains, the child must not be placed in their deployment zone. This would be the case, for example, if the child leans against the vehicle door to sleep.



Fasten it securely

Cars and child safety seats manufactured since September 2002 are equipped with a universal anchorage system (UAS) to firmly secure the seat. There are two connectors on the child safety seat that hook onto two metal anchorage bars in the vehicle's rear seat. If your car or child safety seat is not equipped with a UAS, use the vehicle's seat belt to secure the safety seat.

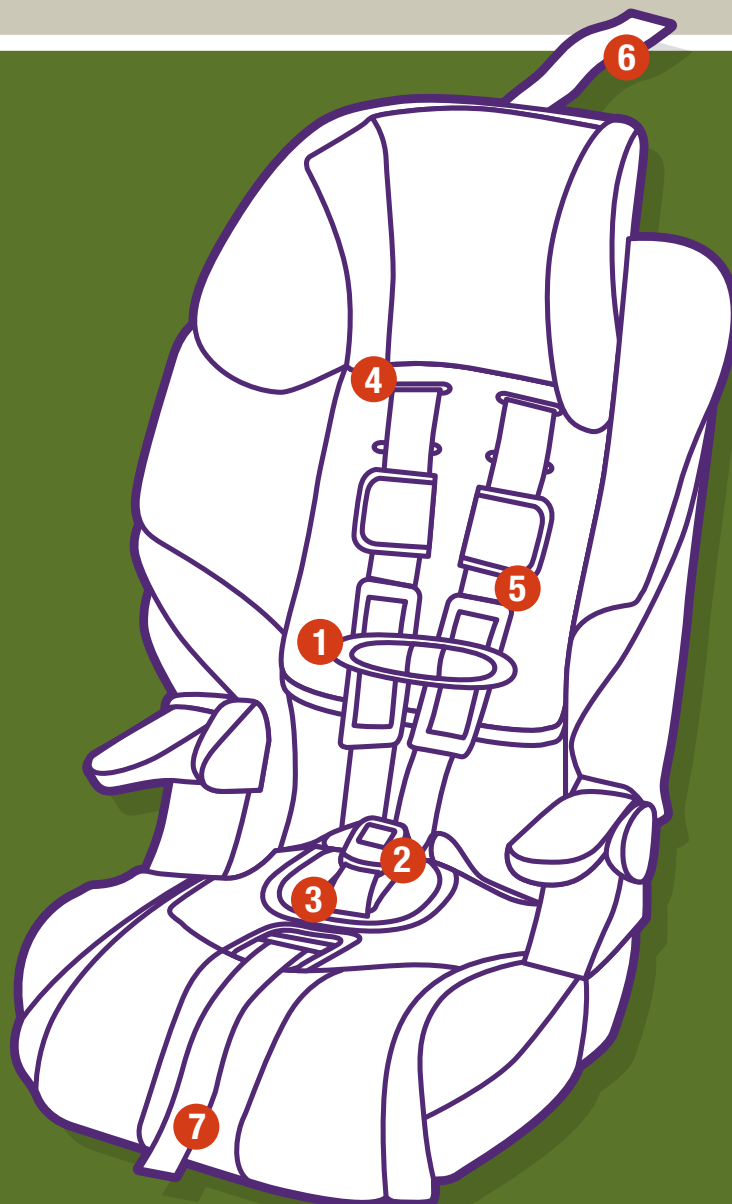


Don't add anything to it

Do not use accessories that do not come with the car seat itself, such as head support cushions, seat belt adjustment buckles, or mirrors. These accessories can loosen the harness straps that restrain the child, or hit the child or another passenger in the event of a collision or sudden braking. Even blankets or toys should be avoided when transporting a baby, because these items can move and prevent the baby from breathing.

Child Safety Seat Components

1. Chest clip
2. Harness buckle
3. Buckle strap
4. Harness slots
5. Harness straps
6. Tether strap
7. Harness adjustment strap





Rear-Facing Seats

For newborns and infants up until at least 2 years of age

Newborns and infants should always be secured in rear-facing seats, whether they are infant seats or convertible seats. Once they have reached the maximum height or weight indicated in the manufacturer's manual, the infant seat can be replaced by a car seat or convertible seat.

This seat must also be used facing the rear until the child has reached the weight limit mentioned by the car seat manufacturer for such a use. The advantages for the child's safety surpass the slight discomfort involved with being transported with bent legs, even if the child has reached three or four years of age.

Why?

Because most collisions are frontal collisions, and the body is thrown forward. With the child seat facing the rear, the impact is distributed throughout the body. In this position, the back of the child seat supports the child's head, neck, spine and pelvis. Young children's musculature is different from that of an adult: their heads are proportionally larger and their musculature is not developed enough to restrain head motion or protect the spine.

INSTALLING THE SEAT IN THE VEHICLE

- Recline the back of the rear-facing seat based on the instructions indicated on the seat. **a** To adjust the rear-facing seat's position, you can place a foam noodle or rolled-up towel under the seat, where the vehicle seat's backrest meets the seat cushion.
- Attach the seat to the vehicle seat with the universal anchorage system (UAS) or the seat belt.

The UAS or seat belt must pass through the openings of the car seat that are closest to the vehicle's backrest. Check the labels on the seat to find them.

If the rear-facing seat has a detachable base, attach the base first, using the UAS or the seat belt, then put the seat on the base.

You should hear a click.

- Tighten the UAS or the seat belt so that the seat or the base does not move at all toward the front and no more than 2.5 cm from side to side. If you need to, push your knee against the seat or the base to tighten the UAS strap or seat belt.

If you are attaching the rear-facing seat with the seat belt, follow the instructions in your vehicle owner's manual to ensure the seat belt is properly locked.

- In the case of an infant seat, check the seat manufacturer's instructions to see whether the carry handle must be folded behind the back of the infant seat or left up. **b**

SECURING THE CHILD IN THE SEAT

- Thread the harness straps through the slots located slightly below or at shoulder level. **c**
- Insert the buckle tongues into the buckle. **d**
- Fasten the chest clip at the child's underarm level. **e**
- Adjust the harness straps as closely as possible to the child's body. There should be space for no more than one finger between the harness straps and the child's chest. **f**

There is no danger if the child's feet touch the backrest of the vehicle's seat or if the child's legs are bent.

When can you switch to a front-facing seat?

Even if transporting a child in a front-facing seat as of his or her second birthday is acceptable, it is preferable to wait until the child reaches the height and weight limits indicated by the seat manufacturer for rear-facing use before turning the seat towards the front.



Front-Facing Seats

For children who are at least two years old

Once your child exceeds the weight or height limits indicated by the seat manufacturer for a rear-facing installation, or once your child weighs at least 10 kg (22 lb) and is at least two years of age, you can secure your child in a front-facing seat.

INSTALLING THE SEAT IN THE VEHICLE

- If the seat has a recline mechanism, make sure that it is inclined in the recommended position for the installation of a front-facing seat.
- Secure the seat with the UAS or the seat belt. **a**
The UAS or seat belt must pass through the openings of the car seat that are closest to the vehicle's backrest. Check the labels on the seat to find them.
- Attach the tether strap to the vehicle's anchorage point. **b**
Tighten the UAS or the seat belt so that the seat does not move at all toward the front and no more than 2.5 cm from side to side. If you need to, push your knee against the seat to tighten the UAS strap or seat belt.
If you are attaching the seat with the seat belt, follow the instructions in your vehicle owner's manual to properly lock the seat belt. Once it is locked, pull the seat belt to secure the seat.
- Tighten the tether strap.

SECURING THE CHILD IN THE SEAT

- Make sure that the harness straps are threaded through the slots located at or slightly above the child's shoulder level. **c**
- Insert the buckle tongues into the buckles. **d**
- Fasten the chest clip at the child's underarm level. **e**
- Adjust the harness straps as closely as possible to the child's body. There should be space for no more than one finger between the harness and the child's shoulder. **f**

You can also check your vehicle owner's manual to find out how much weight the UAS and the tether strap anchorage point can support. If the combined weight of the seat and child surpasses the UAS weight limit, the child seat can usually be secured with the seat belt.

When should you switch to a booster seat?

Your child should not use a booster seat until he or she weighs at least 18 kg (40 lb). Furthermore, you must ensure that when the child is seated on the booster seat, the seat belt is correctly fastened, meaning that it should cross over the middle of the child's shoulder (over the collarbone) and hips.

Because of the extra protection offered by harnesses, your child should be secured in a front-facing child seat until he or she exceeds the weight or height limits indicated by the manufacturer.



Booster Seats

For children who weigh at least 18 kg (40 lb)

The booster seat raises the child so that the vehicle's seat belt lies across the middle of the shoulder (collarbone) **a** and on the hips (pelvis) **b**. The collarbone and pelvic bones are best able to absorb the impact in the event of a sudden stop or an accident.

The seat belt must be secured so that it is snug.

Some booster seats have a UAS that must be used according to the manufacturer's instructions. If the back of the vehicle seat is low or has no headrest, use a booster seat with a headrest **c** so that your child's head is supported in the event of an impact.



When is a booster seat no longer needed?

1. Children must be at least 145 cm tall or 9 years of age before wearing just a seat belt.
2. When children are seated on the vehicle seat, their backs need to be flat against the seat **d** with their knees bent over the edge of the seat **e**. They must be able to easily hold this position for the entire trip.
3. The seat belt must lie across the middle of the shoulder **f** and on the hips **g**, not the child's neck **h** or abdomen **i**.

Your child should use a booster seat until he or she reaches the weight or height limits indicated by the seat manufacturer, or AT THE VERY LEAST until you are confident that the seat belt is perfectly adjusted when your child is seated directly on the vehicle seat.

Children who are not tall enough will tend to slide under the seat belt and move forward to get comfortable. In an accident, this could lead to serious injuries to the spine or internal organs because the seat belt would be pressing against the neck or abdomen.

Whether using a booster seat or not, never put the belt behind the child's back or under the arm. In the event of an accident, the child could sustain serious injuries.



Winter Clothing

Be careful and make sure to compress your child's coat so that one finger can barely fit between the harness and the child's body. Some car seat manufacturers have specific requirements in this regard. Check the manufacturer's instructions for your seat.

Never leave a child alone in a car!

Never leave a child unsupervised in a road vehicle, no matter what the reason. Section 380 of the *Highway Safety Code* states that "No person may leave a child under 7 years of age unattended in a road vehicle under his custody."