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WHY DO YOU NEED A CAR SEAT, BOOSTER SEAT, OR SEAT BELT FOR YOUR CHILDREN?

In case of car accidents, the car seat, booster seat, or seat belt can:

- Keep children in the vehicle
- Spread forces over a wide area of the body
- Protect the head, brain, and spinal cord



NHTSA's CAR SEAT AND BOOSTER SEAT RECOMMENDATIONS:

AGE GROUP	RECOMMENDATIONS
Birth to 12 Months	Should always ride in a rear-facing car seat
1 to 3 Years	Should ride in a rear-facing car seat for as long as possible
4 to 7 Year	Should be kept in a forward-facing car seat with a harness until they reach the top height or weight limit allowed by the car seat manufacturer
8 to 12 Years	Should be kept in a booster seat until the children is big enough to properly fit in a seat belt



Rear-Facing Car Seat

IMPORTANT STEPS FOR REAR-FACING CAR SEAT USE:

1. Choose the right car seat
2. Face the car seat the right way
3. Set up the car seat in the right place
4. Secure the car seat properly
5. Secure the child in the car seat, booster seat, or seat belt
6. The harness straps should be even with or below the shoulder



Forward-Facing Car Seat

CAR SEAT INSTALLATION TIPS:

- When a child is placed in the car seat, make sure:
 - The harness straps are snug and can't be pinched
 - The chest clip is at armpit level
 - The car seat is tightly secured and doesn't move more than an inch from side to side
- For forward-facing car seats, the harness straps are even with or above the shoulder
- The right car seat should fit your child and your car



Booster and Seat Belt

Sources:

- safecar.gov
- cdph.ca.gov/vows

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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為甚麼您要為您的孩子準備兒童汽車座椅，兒童墊高椅和安全帶？

如果發生交通意外，兒童汽車座椅，兒童墊高椅和安全帶可以：

- 避免兒童被彈出車外
- 分散身體受到的撞擊力
- 保護頭部、腦部和脊椎



國家公路交通安全管理局關於兒童汽車座椅和兒童墊高椅的建議：

年齡	建議
出生至 12 個月	應一直使用面朝後的兒童汽車座椅
1 至 3 歲	盡可能使用面朝後的兒童座椅
4 至 7 歲	在兒童達到兒童汽車座椅生產商限制的最高身高或體重前，都應使用帶有安全帶的面朝前方的兒童座椅
8 至 12 歲	在兒童還沒有大到可以使用汽車安全帶之前，都應該使用兒童墊高椅



面朝後的兒童汽車座



面向前的兒童車座椅



兒童墊高椅和安全帶

使用面朝後的兒童汽車座椅的重要步驟：

1. 選擇適合的兒童汽車座椅
2. 讓兒童汽車座椅朝向正確的方向
3. 在汽車內正確的地方安裝兒童汽車座椅
4. 正確地在車內將兒童汽車座椅鎖好
5. 幫助兒童鎖好汽車座椅，墊高椅或安全帶
6. 安全帶應該與兒童的肩部平高或低於肩部

兒童汽車座椅的安裝貼士：

- 當您將孩子放入兒童汽車座椅的時候，您要確定：
 - 兒童汽車座椅的安全帶已系緊，並不能再拉緊
 - 胸前扣環與腋窩同高
 - 將兒童汽車座椅固定好；座椅固定好後，它應該不能被左右移動超過一寸
- 如果您是使用面朝前的兒童汽車座椅，安全帶應該與兒童的肩部平高或高於肩部
- 好的兒童汽車座椅應該適合您的孩子和您的汽車

資料來源：

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- cdph.ca.gov/vows

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