

USE "CRASH TESTED" CAR SAFETY SEATS

Car safety seats that have been "dynamically tested" offer the only real protection for your child. "Dynamically tested" or "crash tested" means that the car seats were tested in a simulated 30 m.p.h. crash and found to provide adequate protection.

Also, remember that no car seat will properly protect your child unless it is used correctly. Make sure that:

- the child is secured in the safety seat with the harness straps.
- the seat is secured in the car with the adult safety belt. (Infant car seats should face the rear of the car.)
- the car safety seat is used on every trip.

While you are at it, don't forget to fasten **your** safety belt. If you were injured in an accident, who would take care of your child? Stop making excuses and start a good safety habit today.



To help you select a car safety seat, get a copy of the "**Consumer Guide to Car Safety Seats**" from:

Project KISS
Health Education Center
Maryland Department of Health and
Mental Hygiene
201 W. Preston Street
Baltimore, MD 21201
Telephone: (301) 383-7290



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USE A CAR SAFETY SEAT



THERE'S NO EXCUSE

Some parents come up with a lot of excuses for not keeping their children in car safety seats when they are in a car. But look at the facts:



EXCUSE:

"I don't need a car seat for short trips."

FACT:

3 out of 4 accidents happen within 25 miles of home.

EXCUSE:

"I drive slowly. I won't need one."

FACT:

One half of all accidents happen at speeds of less than 30 m.p.h.

EXCUSE:

"I can hold on to my baby."

FACT:

The force of even a 30 m.p.h. crash will make it impossible to hold on to your baby.

EXCUSE:

"In a crash, it's safer to be thrown clear."

FACT:

The risk of death is 25 times greater when you are thrown out of the car.

EXCUSE:

"We may get trapped in a burning car."

FACT:

Less than 1 in 200 crashes involve burning or drowning in the car.

EXCUSE:

"I'm a good driver. Nothing's going to happen to me and my baby."

FACT:

You might be a good driver, but you can make a mistake or someone else can cause you to have an accident.

EXCUSE:

"But my baby won't like being confined in a car seat."

FACT:

You have to decide what's best for your baby. A car seat, properly adjusted, is a safe and comfortable place to ride.

PROTECT YOUR CHILDREN AGAINST CAR ACCIDENTS

Getting your children their required shots is something that you know has to be done to protect their health. But did you know that car accidents kill and injure more children than any disease?

So in a car, protect your children with safety seats just as you immunize them against serious diseases.

Use of a safety seat everytime children ride in a car reduces by half the risk of serious or fatal injury to them.

GET INTO A GOOD HABIT

Using a car safety seat isn't difficult once you get used to it. Like feeding your baby, or changing diapers and clothes, it just takes a little time. Your baby is worth the extra minutes it takes.



Besides, small children in car seats are generally better behaved than those who are allowed to ride unrestrained, and knowing your baby is safe and secure means you can concentrate on your driving.