



10 Common Car Seat Misuses

Adult Seat Belt

Most kids will be between 10-12 years old before they can ride with a safe seatbelt fit without a booster. However, it is not their age, but their size that matters. The backseat is the safest seat.

Chest Clip

Make sure the chest clip is aligned at the armpit level to keep those shoulder straps in place.

Harness Pinch Test

There should be no slack in the harness. Do the pinch test, above the chest clip by the collarbone to make sure the harness is nice and tight!

Head Height Limit

It's important that the child's head is contained within the shell of the car seat. Many seats have a 1-inch below the top rule.

Infant Seat Out of the Car

Out of the car, the best place to sit the infant seat is on the ground or in an approved stroller system. Baby should always be fully and tightly buckled in and out of the car!

Projectiles

Everything that is not secured in a car can become a dangerous projectile in a crash. Soft-sided items only for car seat safe toys!

Resource:

Michelle Pratt, CPST [@safeintheseat]. (n.d.). Posts [Instagram profile]. Retrieved April 25, 2022, from [instagram.com/SafeintheSeat](https://www.instagram.com/SafeintheSeat)

Rear-Facing

Max out the seat! Use the seat until your child reaches the height or weight limit. Check the manufacturer's limits on the sticker located on the side of the seat or in the manual. Long legs are never a reason to turn a child forward-facing.

Seat Tightness

Check for car seat tightness at the belt path (where the seatbelt goes through the car seat). It should not move more than 1-inch side-to-side and front-to-back when tugging with your dominant hand.

Shoulder Strap Height

For a **rear**-facing child, position the straps at or just below the child's shoulders. For a **forward**-facing child, straps should be positioned at or just above the child's shoulder.

Top Tether Anchor

When forward-facing, make sure you are using your seat's top tether and that it is anchored in the correct location. It's life saving.

To ensure your child is safe in the seat and your seat is installed in the vehicle correctly, **FREE** car seat check appointments with a certified car seat technician are available. Visit [LGHealth.org/SafeKids](https://www.LGHealth.org/SafeKids) to find a location near you.