



**Secure Them
for Life**



Child safety seats

From infant seats to seat belts, everything you need to know to ensure your child's safety!

Québec 



It's the law

In a vehicle, children whose **sitting height is less than 63 cm** (between the seat and the top of the head) must be secured in an appropriate car seat, adapted to their weight.

If you don't abide by this law, you are subject to a fine between \$115 and \$154 and three demerit points.

If there is no child seat in a **taxi**, children must be restrained by the seat belt, unless they are unable to maintain an upright position.

Just having the seat is not enough - you also have to properly choose it, install it and secure your child in it.

Whether your children are big or small, their safety in the car is your responsibility!



Choosing the right seat

Make sure that:

1. The seat is appropriate for your child's weight, that is:

- an infant seat for babies under 10 kg (22 lbs);
- a child seat for a child between 10 and 18 kg (22 and 40 lbs), or 10 and 30 kg (22 and 65 lbs) if your vehicle can accept such a seat;
- a booster seat for children over 18 kg (40 lbs).

2. The seat has 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.



Take precautions

- Carefully read your **vehicle owner's manual** and the **manufacturer's instructions for the seat** because they may vary based on the vehicle model and type of seat.
- Complete the **registration card** for the seat and return it to the manufacturer. In the event of a recall, the manufacturer will be able to contact you.
- Check the seat **expiry date** and respect it, because over time, the seat materials lose resistance. If the date is not indicated on the seat, consult our Web site at www.childcarseat.qc.ca under the heading *Second Hand Seat* to find out what it is.
- Car seats must be replaced **after an accident**, even if your child was not in the seat at the time. The Société de l'assurance automobile du Québec and CAA-Québec recommend including the cost of replacing the car seat in the claim you file with your insurer.

If you are considering a used or borrowed car seat

A used car seat is not recommended, unless you are very familiar with its history. You should check the following before using it:

- The car 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;
- CAA-Québec has confirmed for you that the seat model has never been recalled;
- All the parts are present and intact.

You can get the manual or a replacement part for the seat from the manufacturer.

Installing the seat

The back seat is the place for children

The back seat is the furthest away from impact zones.

You can install a car seat in your vehicle even if it has side air bags or curtains. However, make sure that the child is not in their deployment zone, e.g., leaning against the vehicle door to sleep.

Properly attach the safety seat to the vehicle seat: it's essential

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 vehicle or child safety seat are not equipped with a UAS, use the vehicle's seat belt to secure the safety seat.



Don't use accessories: they are dangerous

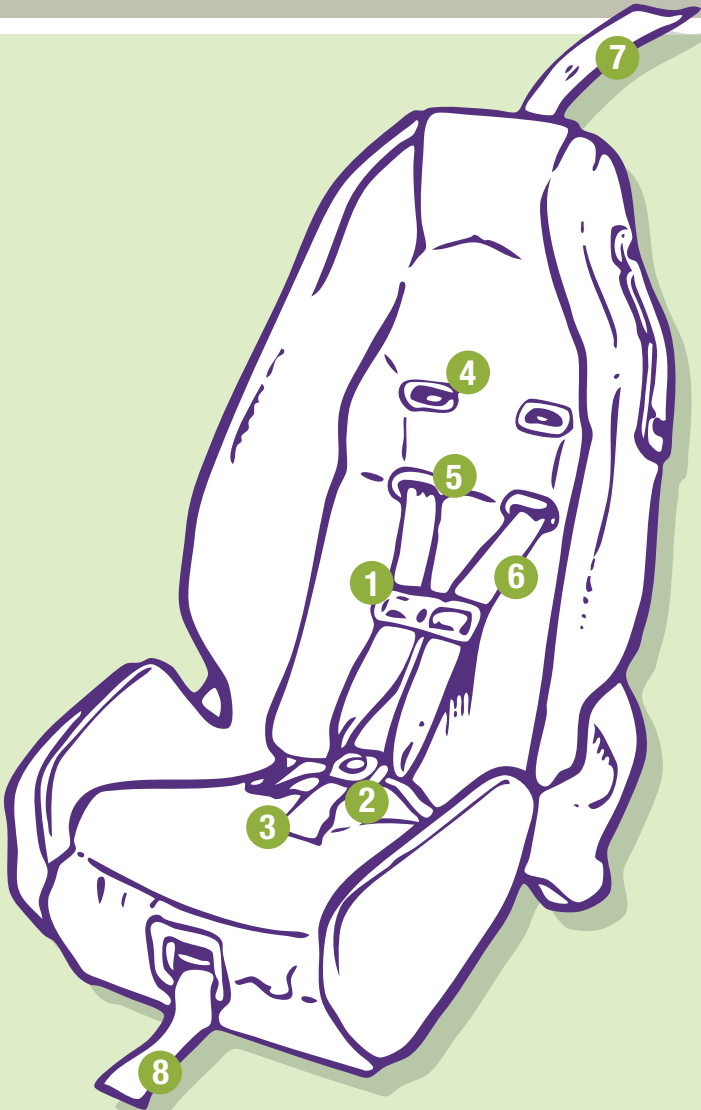
Avoid using accessories that do not come with the car seat itself (head support, seatbelt adjustment buckles, mirrors that attach to the car seat, etc.). These accessories can loosen the harness straps that restrain the child or hit the child or another passenger in the event of an impact or sudden braking.

Warning!

A child safety seat must never be installed in the front seat of a vehicle with a front air bag on the passenger side. The same applies for all children under age 12.

Child safety seat components

- 1. Chest clip
- 2. Buckle
- 3. Buckle strap
- 4. Upper slots
- 5. Lower slots
- 6. Harness straps
- 7. Tether strap
- 8. Harness adjustment strap





Infant seats



For infants who weigh less than 10 kg (22 lbs)

Infant seats should always be installed **facing the rear** because babies are fragile.



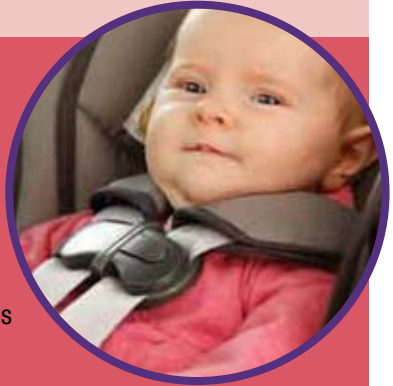
Did you know?

Every year in Québec, around 1,150 children age 9 or under die or are injured in automobile accidents. Car seats are the solution to this problem. When they are used correctly, the probability of death or serious injury is reduced by up to 70%.

Installation

- Attach the seat to the vehicle seat with the UAS or the seat belt so that it does not move backward or forward. If the infant seat has a base, attach this first to the back seat, then put the seat on the base. It has been properly attached if you hear a click. **The carry handle must always be folded behind the back of the infant seat when used in a vehicle.**
- There should be very little movement (2.5 cm) from side to side at the attachment points. You may have to use a **locking clip** to set the length of the seat belt. Check the instructions in the owner's manual for your vehicle.
- An infant seat should be placed to allow the back to incline at roughly a 45° angle from the ground. If necessary, place a foam noodle or rolled-up towel under the seat, where the back rest meets the seat cushion, to adjust the seat's position.

- Thread the harness straps through the slots located slightly below or at shoulder level, so as to wrap around the baby's shoulders. Adjust the straps as closely as possible to the child's body. There should be space for no more than one finger between the harness strap and the child's collarbone. Insert the buckle tongues into the buckle.
- Fasten the chest clip at the child's underarm level.



The baby's feet can safely touch the backrest of the vehicle's seat with legs slightly bent.



Child safety seats



For children who weigh 10 to 30 kg (22 to 65 lb), if your vehicle is so equipped¹.

Should you install it facing the rear or the front?

Even if your children weigh 10 kg (22 lbs) and can walk unassisted, put them in a car seat facing the rear until they outgrow the seat. The instructions for the seat should indicate its height and weight limits for this type of installation. Some car seats can be placed facing the rear until children weigh up to 20 kg (45 lbs). Your children will be safer, even if their legs are touching the back of the vehicle seat.

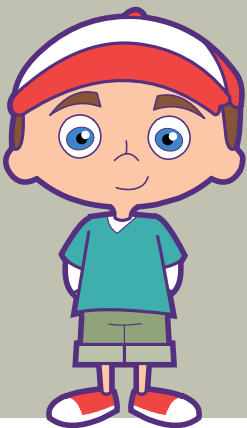
¹ Ask your vehicle manufacturer if you can use a child safety seat for a child over 18 kg (40 lbs). If not, a booster seat is strongly recommended.

Installation

- Secure the tether strap at the top of the car seat to the vehicle's anchorage point installed or supplied by the vehicle manufacturer.



- Secure the child seat with the seat belt or the UAS so that it does not move backward or forward. Refer to the manufacturer's guide or instructions on the seat to find out through which slots the seat belt must be threaded. Secure the seat belt or UAS so that it is snug. Lastly, tighten the tether strap.
- Once installed, there should be very little movement (2.5 cm) of the seat from side to side at the attachment points. You may have to use a **locking clip** to set the length of the seat belt.
- Thread the harness straps through the slots located at or above the child's shoulders. Adjust the 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 collarbone. Insert the buckle tongues into the buckle.
- Fasten the chest clip at the child's underarm level.



Did you know?

Even if you are just going a short distance, it is important to secure your child in the seat. More than half of accidents occur in zones where speed limits are 50 km/h or less and within 8 km from home.



Booster seats



Children weighing 18 kg (40 lbs) or more

There is no age limit for booster seats, only a weight limit. See the manufacturer's instructions for the booster seat.

Use only the vehicle seat belt (lap and shoulder belts) to secure the child in the booster seat. You do not need any additional straps.

Once the belt is buckled, it should lie in the middle of the shoulder (over the collarbone) and on the hips. The collarbone and pelvic bones are among the body's strongest and must absorb the impact in the event of an accident. The belt must be secured so that it is snug. Be especially careful in making sure the belt is adjusted properly if the child is wearing winter clothing.

If the back of the vehicle seat is low or has no headrest, use a booster seat with a headrest so that your child's head is supported in the event of a rear impact.

When is a booster seat no longer needed?

Children must be tall enough to sit properly and be protected by the seat belt in the event of an impact.



Check the child's height

- Children must have a sitting height of at least 63 cm (between the seat and the top of the head).

Check the child's posture

- When children are seated, **their back needs to be flat against the seat with their knees bent over the edge of the seat.** The child must be able to easily maintain this position for the entire trip.
- Once the belt is buckled, it should lie in the middle of the shoulder (over the collarbone) and on the hips, **not the child's neck or abdomen.**



Children who are not tall enough and whose legs are too short will tend to slide under the seat belt and move forward to bend the knees over the edge of the seat to get comfortable. In an accident, this could lead to serious injuries to the spine or internal organs because the seat belt is pressing against the abdomen rather than on the hips.

Warning!

Never put the belt behind the child's back or under the arm because in the event of a collision, the child could sustain serious injuries to vital organs like the heart or lungs.

There's help!

Video clips on child safety seats

At www.childcarseat.qc.ca, you can watch three video clips—one for each type of seat— that show how to use them properly.

Permanent Provincial Network for the Inspection of Child Safety Seats

If you would like to have your child's car seat checked or installed, make an appointment with a member of the Network in your region. The list is available on the SAAQ Web site at www.childcarseat.qc.ca



Réseau provincial permanent
de vérification de sièges d'auto
pour enfants



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