

# Children and Seat Belts

## Nine Years and Over

Seat belts can be used once children are at least 9 years old or have reached the height of 145 cm (4'9") tall.

### Your child is ready to use the shoulder/lap belt without a booster when:

- Child's back is against the vehicle seat back
- Child's knees bend naturally at the front of the vehicle seat
- Child's feet touch the floor
- The shoulder belt fits comfortably over the shoulder and across the chest
- The lap belt fits low over the hips



### For more information contact BCAA:

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### Safety Guidelines

- If children are less than 145 cm (4'9") tall they may be safer in booster seats.
- Position shoulder belt over the child's shoulder and across their chest, never behind the child's back or under their arm.
- Position lap belt low across the child's hips.
- It is recommended that children 12 years old and under should remain in the back seat of the vehicle.
- The back seat is the safest seating position if fitted with lap and shoulder seat belts.
- Only one child in the seat belt. Never share.

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