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PROGRAM EVALUATION MATERIALS

Observation Survey Form
Observation Script

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Is Your Child Ready for a Seat Belt? (Outer Page)

Did you know...

- Seat belts do not properly fit children under 4 feet 9 inches tall. Booster seats solve the problem.
- Car crashes are the number one cause of death and injury for children 4 to 8 years old.
- Booster seats provide 3 times better protection against injury than seat belts alone.

Where can I get more information?

Visit our Web site at:

www.boosterseat.org

Call the Safety Restraint Coalition at
(425) 828-8975 or 1-800-BUCK-L-UP

This brochure was developed by:

Children's
HOSPITAL

HARBORVIEW
HEALTH PREVENTION
& RESEARCH CENTER

WTSC
WASHINGTON TRAFFIC
SAFETY COMMISSION

BUCK-L-UP
SAFETY RESTRAINT
COALITION

Working together with the
Washington State Booster Seat Coalition

Information from:
National Highway Traffic Safety Administration
SafetyBeltSafe U.S.A.
Safe Ride News Publications
Safety Restraint Coalition

Published 9/2000, revised 9/2003

Is your child ready for a seat belt?

Think again:

Children need to ride in a booster seat until they are at least 4' 9" tall, usually at about 8 years old and 80 pounds.



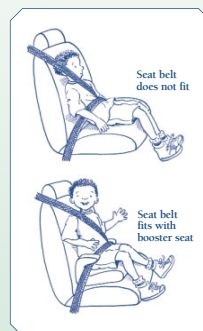
www.boosterseat.org

How do I know when the seat belt fits my child?

Try this fit test:*

1. Does your child sit all the way back against the auto seat?
2. Do your child's knees bend with ease at the edge of the auto seat without slouching?
3. Does the lap belt fit snug across the top of the thighs, not up on the tummy?
4. Does the shoulder belt come across the center of the shoulder and chest?
5. Can your child sit like this for the whole trip?

If you answer "no" to any of these questions, or your child puts the shoulder belt under the arm or behind the back, a booster seat is needed for a safe seat belt fit.



* Used with permission from SafetyBeltSafe U.S.A.

Washington's Child Restraint Law

Booster seats are now required by law in Washington State.

- Children 4 to 6 years old or 40 to 60 pounds must use a booster seat.
- Children six years of age or older, or that weigh more than 60 pounds, must be restrained with a properly fitting seat belt or booster seat.*
- Vehicles equipped with lap-only seat belts (those without a shoulder strap) are exempt from the booster seat requirements.

Fines are more than \$100 for every improperly buckled child.

*NOTE — Doctors and safety experts recommend that children ride in a booster seat until the lap and shoulder seat belt fits right, usually when they are

- At least 4 feet, 9 inches tall
- At least 8 years old
- Around 80 pounds.

This law is named in memory of Anton Steen, a 4-year-old boy who died in a car crash because he was using only a seat belt.

How does a booster seat work?

A booster seat raises your child up so the car's lap and shoulder belt will fit properly. It is made for children who are too big for a car seat but not big enough for the adult seat belt.

Why does my child need to ride in a booster seat?

In a crash, a child who is too small for the seat belt can slip out and get hurt. With a booster seat, the lap belt sits at the top of the thighs, not on the tummy. The shoulder belt goes across the shoulder and chest, not across the face or neck. If it's tucked under your child's arm or behind her back, your child's body will fly forward in a crash.

Is Your Child Ready for a Seat Belt? (Inner Page)

How do I pick the right booster seat?

Booster seats come in many types and styles. Check the label for the weight limits and always follow the manufacturer's instructions. Booster seats range in price from \$15-\$110. A higher price may not mean a better or safer booster seat. Here are some guidelines to help you:

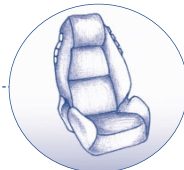
No-back booster

- Must be used with a lap and shoulder belt.
- This style works best in a car that has headrests that come above your child's ears when he is sitting in the booster seat.
- This model is easy to pack up and move from car to car.



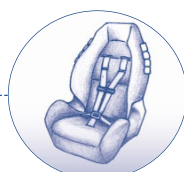
High-back booster

- Must be used with a lap and shoulder belt.
- A high-back booster seat protects against whiplash in cars with low seat backs.
- It can be used in cars with or without headrests.



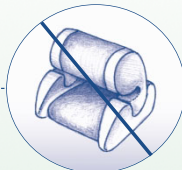
Forward-facing seat with harness

- Use the harness until your child weighs 40 pounds.
- Then, remove the harness and use the booster seat with the lap and shoulder belt.
- Be sure to read and follow the manufacturer's instructions.
- This booster seat can be used in cars with or without headrests.



Shield booster

- Using the shield portion of this booster is no longer recommended.
- In some models, you can remove the shield and use it as a no-back booster in a car with headrests. Be sure to use your lap and shoulder belt.
- If you have questions about shield boosters, please call 1-800-BUCK-L-UP.



What if my car has only lap belts in the back seat?

All booster seats are designed to be used with a lap and shoulder belt. Check with the Safety Restraint Coalition at 1-800-BUCK-L-UP to find out what products are available for cars with lap belts only. And remember, a properly worn lap belt is better than nothing at all.

Can my child use a seat belt adjuster to make the lap and shoulder belt fit right?

No. Although a seat belt adjuster may make the shoulder belt fit better, most move the lap belt onto the tummy, which can cause serious injuries.

When does my child need to use a booster seat?

Start to use a booster seat when your child:

- Outgrows his forward-facing car seat with a harness (when his shoulders are above the top set of strap slots).
- Weighs about 40 pounds.
- Children should continue to use a booster seat until they are at least 4' 9" tall.

My 6-year-old says he is a big boy now and does not want to ride in a booster seat. What should I tell him?

You know your child best, but here are some ideas:

- It's the law.
- I love you and want to protect you. The seat belt alone is not enough.
- Booster seats are made especially for older kids just like you.
- You'll be able to see out the window better.
- A booster seat will make the seat belt fit right and be more comfortable.

Remember:

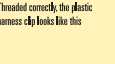
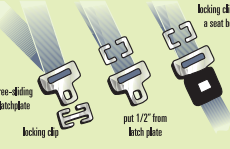
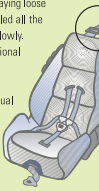
- A booster seat needs to be used every time.
- Tell your day care provider, relatives and friends that your child always needs to ride in a booster seat.
- The back seat is the safest place for all children to ride.
- Always buckle an empty booster seat in place or store it in the trunk.

Growing and Going Safely (Outer Page)

If your car has air bags remember: - Everyone must still buckle up. - Air bags offer extra protection, they don't replace seat belts. - Air bags inflate forcefully. WARNING! Never use a rear-facing child car seat in the front seat if there is a passenger-side air bag unless you have an air bag cutoff switch. Infants can be killed or badly injured if the air bag hits the back of the car seat.   With or without an air bag, the safest place for kids is the back seat! - Air bags were designed for adults. Even children in forward-facing child car seats, boosters or seat belts properly buckled up may be at risk. - Children younger than 13 years of age should not ride where there is a passenger-side air bag. - If older children must ride in the front seat, make sure they are properly buckled up. Move the vehicle seat as far away from the dashboard as you can. For free air bag warning stickers, call (425) 828-8975 or 1-800-282-5587	 Rules for riding safely - Everyone always buckles up – even on short trips - Seat belts, air bags, and child car seats protect you only if you use them correctly. - The back seat is the safer place for your child. - Washington's law as of July 2002 says that everyone in the car must be buckled up. Babies must ride rear-facing until one year of age or 20 pounds. Children 1-4 years of age (20-40 pounds) ride forward-facing in a child car seat. Children 4-6 years of age (40-60 pounds) must ride in a booster seat. Cars with lap-only seat belts are exempt from the requirement to use booster seats. Whenever possible, all children should ride in the rear seat of the car. - Pregnant women should wear both the lap and shoulder parts of the seat belt. The lap belt should fit snug and low under the belly.	For more information To learn more about child passenger safety call your local law enforcement agency, health department or doctor. Questions about choosing a car seat or using it correctly? Call the Safety Restraint Coalition (425) 828-8975 or 1-800-BUCK-L-UP. They can provide car seat recall information, or tell you where to find car seat distribution programs. For information about a specific car seat, contact the manufacturer. Be sure to fill out and mail the registration card packed with each new car seat. Kids can join the Buckle Up Helper Club. It's free and teaches safe seat belt habits. Buckle Up Helpers get free stickers and club mailings. Call 1-800-BUCK-L-UP.  If a seat belt, child car seat, booster seat, or air bag saved you or your family from injury in a car crash, you can join Washington's Saved by the Belt Club. To join and get a free license plate frame call the Safety Restraint Coalition 1-800-BUCK-L-UP The Washington Traffic Safety Commission has information about occupant protection, impaired driving, bicycle and pedestrian safety and other traffic safety issues. Call (360) 753-6197 Printing and distribution made possible by the Washington Traffic Safety Commission. © 2002 Safety Restraint Coalition.	KIDS AND CARS: Growing and Going Safely 
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Growing and Going Safely (Inner Page)

Give children the "best" protection as long as possible ~ Child car seats protect well, but only if used correctly.

Babies (up to 20 lbs. and at least one year of age) should use an Infant or Convertible Seat  - Seat faces rear of vehicle. - Use a convertible seat that goes to 30 lbs. or more, in the rear-facing direction, for a baby who reaches 20 lbs. before one year of age.  - Convertible seats should be reclined. - Harness fits over baby's body. Add blankets over harness, not under it. A tightly rolled towel may be used under seat to keep the base level. Children one year to 40 lbs. should use a forward-facing seat with harness  - Seat faces forward - Convertible seats should sit upright - A 5-point harness, T-shield or tray should all protect equally. - Use until: - child is at least 40 pounds or - child's shoulders are above top harness strap slots, or - part of child's ears are above top of seat.	Children (up to eight years and 4', 9") should use a Booster Seat - Booster seats face forward - Look for a label saying the booster is for use in automobiles. - Never use a pillow, book or restaurant booster in the car. - Properly position booster in the adult lap and shoulder belt. Try this 5-step test: - Does the child sit with hips all the way back against the auto seat - Does the child's knees bend comfortably at the edge of the auto seat? - Is the lap belt on the top part of the thighs? - Is the shoulder belt centered on the shoulder and chest? - Can the child stay seated like this for the whole trip?  Children (over eight years and 80 lbs.) can use seat belts - Wear the lap belt low on the hips and across the top of the thighs. A belt worn on the tummy can cause serious injury! - Adjust lap and shoulder belts snugly. - The shoulder belt should not cross face or neck. WARNING! Never put shoulder belt under the arm or behind the back. A child not tall enough for the shoulder belt should use a booster. - Never let two people share one belt!	The harness holds your child in the seat  Threaded correctly, the plastic harness clip looks like this  - Straps should be flat, not twisted - Forward-facing harness straps must be in the top slots unless the instructions say otherwise.  - On some car seats a harness strap adjuster fastens the harness onto the seat. It must be threaded as shown in your instructions.  Two examples of how harness strap adjusters may be threaded. 	There are many ways to hold the car seat firmly in your car ALWAYS READ: - Child car seat instructions - Vehicle manual - Any labels on the seat belts - Some seat belts can be pulled tight and will stay tight - Other seat belts have one long strap that slides through the latchplate. This style belt may need a locking clip to hold the car seat firmly. Your vehicle manual and child car seat instructions will tell you which seat belts need a locking clip.  locking clip on a seat belt free-sliding latchplate put 1/2" from latch plate - Some seat belts retract and stay tight. - Other seat belts switch from staying loose to locking when the belt is pulled all the way out and then let back in slowly. - Some cars must have an additional buckle or belt piece added by your vehicle dealer to tightly hold car seats. Read auto manual - A tether strap can reduce the forward movement of your child's car seat. 
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Buckle Up. It's the Law.



Buckle Up. It's the Law – Spanish Version



New Child Car Seat Laws Coming

New Child Car Seat Laws Coming

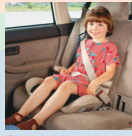
Effective July 1, 2002



Babies **MUST** ride rear-facing until 1 year of age or 20 pounds.



Children 1-4 years or 20-40 pounds must ride in forward-facing car seats.



Children 4-6 years or 40-60 pounds **MUST** ride in a booster seat.



Not in the law, but recommended by safety experts - Kids up to age 8 or 80 pounds should ride in a booster seat.



Tickets cost \$86.00 for each unbuckled child.



CAR BOOSTER SEATS SAVE LIVES

For more information, call 1-800-BUCK-L-UP • www.boosterseat.org

A message from the Washington Traffic Safety Commission

Let Them Go Through Stages, Not Glass



Let Them Go Through Stages,

Not Glass.

Kids 4-8 Need Booster Seats

Present your child (Children ages 4 to 8, between about 40 to 60 pounds, are safest riding in a booster seat. That is, your child's seat belt must be at least 19 inches long and 19 inches wide. Children between the ages of 4 and 8 years old must use a booster seat. Children between the ages of 9 and 12 and older should ride in the back seat. Get more information about booster seats and boosters at www.boosterseat.org.

1-800-BUCK-L-UP • www.boosterseat.org



Let Them Go Through Stages,

Not Glass.

Kids 4-8 Need Booster Seats

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WASHINGTON STATE BOOSTER SEAT COALITION

Project Office:

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325 Ninth Avenue
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Phone: (206) 521-1552
FAX: (206) 521-1562
Coordinator: **Sue Duvall**

Quick Facts on Booster Seats

Why 4-8 Year-Old Children Need Booster Seats

- Motor vehicle collisions are the single largest killer for children age 4-8 years. In 2000, over 1,189 children ages 14 and under died in motor vehicle crashes. In 2001, nearly 300,000 children ages 14 and under were injured in vehicle crashes.¹
- Riding unrestrained is the greatest risk factor for death and injury among child passengers. Among children ages 14 and under killed in motor vehicle crashes in 2001, 55% were not using safety restraints.²
- Children age 4-8 years are particularly vulnerable. They make up 43% of child passengers, but sustain 55% of child passenger injuries.³
- The total annual cost of motor vehicle occupant-related death and injury exceeds \$25.8 billion for all children ages 14 and under. Every dollar spent on a child safety seat saves this country \$32.²

How Booster Seats Help Solve the Problem

- Using a booster seat protects kids from serious injury better than seatbelts alone. Booster seats reduce a child's risk of injury by 59% compared to using only a seat belt and effectively protect children up to 7 years old from serious injury and death.⁴
- Booster seats protect against head injury 4 times better than seatbelts.⁵
- If all child passengers ages 14 and under were restrained properly, an estimated 182,000 serious injuries could be prevented annually.²

Current Booster Seat Use – Not Enough Children are Adequately Protected

- Nationally, only 19% of children who should be restrained in booster seats use them.²
- In King County, WA, only 33% of children who needed to use booster seats were using them in Spring 2002 (before the state booster seat law took effect).⁶
- In Washington state during Spring 2002:
 - 14% of booster-size children in WA were completely unrestrained in the vehicle.
 - 29% were using only a seat belt.
 - 17% still remained in a forward-facing car seat with a harness, despite exceeding age and weight requirements.⁵

Booster Seat Use Can Increase with Parent and Community Involvement

- The Harborview Injury Prevention and Research Center has found that community-based campaigns significantly increase children's use of booster seats.⁷
- Children are more likely to use booster seats if their parents buckle up in a seat belt every time.⁸

¹ Centers for Disease Control and Prevention, 2003

² National SAFE KIDS Coalition, 2003

³ National Highway Traffic Safety Administration

⁴ *Journal of the American Medical Association (JAMA)*, June 2003

⁵ *Pediatrics*, June 2000

⁶ Harborview Injury Prevention and Research Center, 2002.

⁷ *JAMA*, February 2003

⁸ *Pediatrics*, April 2003



Safety Restraint Coalition

Washington State has two Occupant Protection Laws: The Seat Belt Law and The Child Restraint Law



The Seat Belt Law requires:

- All vehicle occupants be **properly restrained** in all seating positions;
- The driver to see that all children under the age of 16 are properly secured.
- Passengers 16 years of age and older be responsible for themselves and may receive their own ticket if they are not properly restrained.

Buckling one seat belt around two people or placing the seat belt under the arm or behind the back is dangerous, can cause death or serious injury, and is a violation of the law.

Since July 1, 2002 the Child Restraint Law requires:

- Infants to ride in a rear-facing child car seat until they are one year of age **or** weigh 20 pounds (which ever comes first);
- Children 20-40 pounds **or** one to four years of age (which ever comes first) to ride in a forward-facing child car seat with a harness;
- Kids 4-6 years of age **or** weighing 40-60 pounds, to use a booster seat in vehicles equipped with a lap and shoulder belt.
- Children six years old or weighing more than 60 pounds shall be restrained in either a booster seat or properly adjusted and fastened seat belt. Further, the law requires that everyone wear the seat belt correctly. If the seat belt still does not properly fit the child (examples: the shoulder belt crosses the face or neck; shoulder belt is under the arm; shoulder belt is behind the back; or the lap belt is up on the tummy), the driver can still be given a ticket.

For Additional Safety Follow these Recommendations from the American Academy of Pediatrics

Washington St. Law Effective 7/1/2002	American Academy of Pediatrics Recommendations
Infants must remain in a rear facing car seat until they are one year of age or weigh 20 lbs.	Infants need to remain rear facing until at least one year of age and until they weigh at least 20 lbs. If the label on the car seat says the seat may be used rear-facing up to 30 or more pounds this is the safest way for baby to ride.
Children ages 20-40 pounds or 1-4 must ride in a forward facing child safety seat with a harness.	Keep the child in a forward-facing seat with a harness as long as they fall within the height/weight recommendations for the seat. Be careful not to graduate your child to the next seat too soon.
Kids 4-6 years old or weighing 4 - 60 pounds must be in a booster seat in vehicles equipped with a lap and shoulder belt.	Booster seats are recommended until the child is 8 years and 80 lbs. unless the child is about 4' 9" tall. The vehicle must have a shoulder and lap belt to use a booster seat.
Children six years old or weighing more than 60 pounds shall be restrained in either a booster seat or a properly adjusted and fastened seat belt to ride in the back seat of a vehicle if the vehicle is equipped with an active passenger air bag. Children six years old or weighing more than 60 pounds shall be restrained in either a booster seat or properly adjusted and fastened seat belt	The law requires everyone who wears a seat belt to wear it correctly (not under the arm or behind the back). Do not to graduate your child to a seat belt too soon. Children 12 and under are safer in the back seat regardless of an air bag.

Always follow the manufacturers' instructions and guidelines for both the safety seat and the vehicle.

Adapted with permission from a publication by the Spokane Health District

WASHINGTON STATE BOOSTER SEAT COALITION

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Coordinator: **Sue Duvall**



Safety Restraint Coalition

Washington State Booster Seat Law Anton Skeen Act

Washington State has a new child passenger safety law, the Anton Skeen Act. This law is the first one passed in the United States requiring the use of booster seats for older children. Belt-positioning booster seats raise a child up so that a lap and shoulder belt system will fit properly. A proper seat belt fit is needed to prevent child injuries and deaths during motor vehicle crashes. **Doctors and safety experts recommend that all 4- to 8-year-old children sit in booster seats until the lap and shoulder belts fit correctly. Typically seat belts fit children when they are at least 4 feet 9 inches tall, about 80 pounds and around 8 years old.**

Washington's new child passenger safety law, which went into effect on **July 1, 2002**, includes the following changes:

- Infants are required to ride in rear-facing infant seats until age one or until they reach 20 pounds.
- Children age one to four or between 20-40 pounds are required to ride in forward-facing child car seats.
- **Children between 4-6 years old or 40-60 pounds are required to use belt-positioning booster seats with lap and shoulder belts. You must use booster seats with lap and shoulder belts.**
- Children 6 years of age and older must use seat belts or a booster seat. It is strongly recommended to use a booster seat with the lap and shoulder belt until the seat belt fits correctly. Please visit our Web site at www.boosterseat.org for more information on proper seat belt fit for children, or call 1-800-BUCK-L-UP.

NOTE: Washington law requires that children and adults be properly buckled up. If you are not properly buckled up for your size, you can be given a ticket. As of July 27, 2003, tickets cost \$101.00 for each improperly buckled passenger in a vehicle.

If your car only has lap belts in the back seat, you are not required to use booster seats. To help improve your child's safety in the car if you only have lap belts, there are different products you can buy. For more information call the Safety Restraint Coalition at (425) 828-8975, or visit our Web site at www.boosterseat.org.

WASHINGTON STATE BOOSTER SEAT COALITION

La Oficina de Proyecto:

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Coordinadora de Proyecto: **Sue Duvall**

Coordinadora para la Comunidad Latina: **Victoria García**



La ley del Estado de Washington relativa a los asientos elevados El Acta de Anton Skeen

El Estado de Washington tiene una nueva ley para proteger a los pasajeros infantiles, el Acta de Anton Skeen. Esta es la primera ley que ha sido aprobada en los Estados Unidos que obliga el uso de los asientos elevados para los niños mayores. Estos asientos alzan al niño o la niña de manera que el sistema de cinturones de seguridad, que cruzan el regazo y los hombros, les queden bien puestos y ajustados. Es necesario que el cinturón esté bien puesto y ajustado para prevenirles daños o la muerte a los niños en caso de un choque automovilístico. **Los expertos de seguridad y los médicos recomiendan que todos los niños de 4 a 8 años de edad han de ir sentados en asientos elevados hasta que los cinturones del regazo y de los hombros les queden bien ajustados. Por lo general, estos cinturones les quedan bien puestos a los niños cuando ya miden 4 pies 9 pulgadas (1.4 metros) de estatura, pesan 80 libras (36.3 kilos) y tienen más o menos 8 años de edad.**

Esta nueva ley de Washington para la seguridad de los niños pasajeros, que entró en vigencia el 1 de julio de 2002, incluye los siguientes cambios:

- Es requerido que los infantes deben viajar en asientos infantiles mirando hacia atrás hasta que cumplan un (1) año o hasta que pesen 20 libras (9 kilos).
- Es requerido que los niños entre uno (1) y cuatro (4) años de edad o entre 20 y 40 libras (9–18 kilos) deben viajar en asientos mirando hacia delante.
- Es requerido que **los niños entre 4 y 6 años ó 40 y 60 libras (18–27 kilos) deben, usar asientos elevados para colocar bien los cinturones que a la vez tengan cinturones para el regazo y los hombros. Se deben usar asientos elevados con cinturones para el regazo y los hombros.**
- Es requerido que los niños de 6 años y más grandes deben usar cinturones de seguridad. Se recomienda mucho que use un asiento elevado que tenga cinturones para el regazo y los hombros hasta que los cinturones de seguridad les queden bien puestos. Visite, por favor, nuestro sitio en Internet www.boosterseat.org para mayores informes sobre la manera correcta de ajustar bien los cinturones de los asientos en los niños, o llámenos al 1-800-BUCK-L-UP.

NOTA: La ley del Estado de Washington requiere que los niños y los adultos estén bien asegurados con cinturones. Si usted no está bien asegurado con el cinturón dado su tamaño, le pueden dar una infracción. Estas infracciones cuestan \$101.00 por cada pasajero que no esté bien ceñido en el vehículo.

Si su coche sólo tiene cinturones para el regazo en el asiento trasero, no se le exige el uso de un asiento elevado. Para darle mayor seguridad al niño en los coches que sólo tienen cinturones para el regazo, hay diferentes productos que se pueden comprar. Para mayores informes llame a Safety Restraint Coalition (*Coalición de Cinturones de Seguridad*) al (425) 828-8975, o visite nuestro sitio en Internet: www.boosterseat.org.



WASHINGTON STATE BOOSTER SEAT COALITION

Project Office:

Box 359960
325 Ninth Avenue
Seattle, WA 98104-2499
Phone: (206) 521-1552
FAX: (206) 521-1562
Coordinator: **Sue Duvall**

Booster Seat Tips for Parents and Caregivers

1. Start to use a booster seat when your child weighs 40 pounds and outgrows his forward-facing car seat, usually when his shoulders are above the harness straps in the top slot or his ears rise above the top of the car seat. Check the manufacturer's instructions for the upper weight limit on the forward-facing seat.
2. Plan to use a booster seat until your child fits in the seat belt correctly, typically when he is about 4 feet 9 inches tall, 80 pounds, or 8 years old.
3. Washington law requires children to use booster seats. Tickets cost \$101 for each improperly buckled child.
4. Talk with your child's grandparents, childcare provider and others who transport your child about the need to use a booster seat every time.
5. Explain to your child that booster seats are especially made for older children, not for babies. Many children like the "boost" that the seats give them in helping them see out car windows.
6. Have your child help you pick out a booster seat.
7. Talk with other parents about using booster seats too. The more families who use them, the easier it will be to use them consistently.
8. Read the booster seat instructions and your vehicle owner's manual carefully before installing a booster seat. To ensure proper installation, get your seats checked at your local police or fire department, health center, or car dealership. To find your local car seat inspection station, go to www.boosterseat.org.
9. All children under 13 years old should sit properly restrained in the back seat.
10. Never use just a lap belt across a child sitting in a booster seat or put the shoulder belt behind a child's back or under the arm. Doing this can increase the risk of severe injury in a crash.
11. Never use pillows, books, or towels to boost a child. These can slide forward out from under the child in a crash.

If you would like more information, go to www.boosterseat.org, or call the Safety Restraint Coalition at 1-800-BUCK-L-UP.



Safety Restraint Coalition

WASHINGTON STATE BOOSTER SEAT COALITION

Coordinadora para la Comunidad Latina: **Victoria García**

Sugerencias sobre el uso de la silla alzadora para los padres de familia y las personas que cuidan a los niños



Safety Restraint Coalition

1. Comience a usar la silla alzadora cuando su niño o niña pese 40 libras (9 kilos) y ya no quepa en la silla para el coche que mira hacia el frente, lo cual ocurre generalmente cuando sus hombros ya queden más arriba de las correas del arnés en la ranura superior, o sus oídos queden más arriba de la punta de la silla. Consulte las instrucciones del fabricante para determinar el peso máximo de la silla que da la cara al frente.
2. Use la silla alzadora hasta que el niño quepa en el cinturón de seguridad correctamente, por lo general, cuando mida ya 4 pies 9 pulgadas (1.4 metros), 80 libras (36.3 kilos), o tenga 8 años.
3. La ley del Estado de Washington exige que los niños usen una silla alzadora. Las infracciones cuestan \$101 por cada niño mal asegurado.
4. Hable con los abuelos del niño, las personas que cuidan a los niños y quién más transporte al niño, sobre la necesidad de usar la silla alzadora cada vez.
5. Explíquele a su niño que las sillas alzadoras se hacen especialmente para los niños más grandes y no para los bebés. A muchos niños les gusta como la silla les "alza" para poder ver por las ventanas del coche.
6. Deje que su niño le ayude a escoger una silla alzadora.
7. Convenza a otros padres para que también usen la silla alzadora. Entre más familias las usen, más fácil será usarlas consistentemente.
8. Lea las instrucciones de la silla alzadora y el manual del coche cuidadosamente antes de instalarla. Para asegurarse de que la silla esté debidamente instalada, vaya al departamento de policías o bomberos, centro de salud, o distribuidor de automóviles para que la examinen. Para encontrar la estación de inspección local vea el sitio Internet www.boosterseat.org.
9. Todos los niños menores de 13 años deben estar bien sentados y sujetos en el asiento trasero.
10. Nunca cruce el cinturón de las piernas sobre el niño que esté sentado en una silla alzadora ni tampoco ponga el cinturón de los hombros detrás del niño o bajo su brazo. Así el riesgo es mucho mayor de un daño muy grave en un choque.
11. Nunca use almohadas, libros, o toallas para alzar al niño. Estos objetos se pueden deslizar para fuera en un choque.

Si necesita más información, visite nuestro sitio en Internet www.boosterseat.org , o llame a la Coalición de Cinturones de Seguridad (*Safety Restraint Coalition*) al teléfono 1-800-BUCK-L-UP.

WASHINGTON'S CHILD RESTRAINT LAW, THE ANTON SKEEN ACT

An act relating to child passenger restraint systems; amending RCW 46.61.687 and 46.61.688; adding a new section to chapter 56.61 RCW; creating new sections and providing an effective date.

Section 1. The legislature recognizes that fewer than 5% of all drivers use child booster seats for children over the age of 4 years. The legislature also recognizes that 71% of deaths resulting from car accidents could be eliminated if every child under the age of 16 used an appropriate child safety seat, booster seat, or seat belt. The legislature further recognizes the National Transportation Safety Board's recommendations that promote the use of booster seats to increase the safety of children under 8 years of age. Therefore it is the legislature's intent to decrease deaths and injuries to children by promoting safety education and injury prevention measures, as well as increasing public awareness on ways to maximize the protection of children in vehicles.

Section 2. RCW 46.61.687 and 1994c100s1 are each amended to read as follows:

- 1) Whenever a child who is less than 16 years of age is being transported in a motor vehicle that is in operation and that is required by RCW 46.37.510 to be equipped with a safety belt system in a passenger seating position, the driver of the vehicle shall keep the child properly restrained as follows:
 - a) If the child is less than 6 years old or 60 pounds and the passenger seating position equipped with a safety belt system allows sufficient space for installation, then the child will be restrained in a child restraint system that complies with standards of the United States Department of Transportation and that is secured in the vehicle in accordance with instructions of the manufacturer of the child restraint system;
 - b) If the child is less than one year of age or weighs less than 20 pounds, the child shall be properly restrained in a rear-facing infant seat.
 - c) If the child is more than 1 but less than 4 years of age or weighs less than 40 pounds but at least 20 pounds, the child shall be properly restrained in a forward-facing child safety seat;
 - d) If the child is less than 6 but at least 4 years of age or weighs less than 60 pounds but at least 40 pounds, the child shall be properly restrained in a child booster seat;
 - e) If the child is 6 years of age or older or weighs more than 60 pounds, the child shall be properly restrained with the motor vehicle's safety belt properly adjusted and fastened around the child's body or an appropriately fitting booster seat; and
 - f) Enforcement of (a) through (e) of this subsection is subject to a visual inspection by law enforcement to determine if the child restraint system in use is appropriate for the child's individual height, weight, and age. The visual inspection for usage of a forward-facing child safety seat must ensure that the seat in use is equipped with a 4-point shoulder harness system. The visual inspection for usage of a booster seat must ensure that the seat belt properly fits across the child's lap and the shoulder strap crosses the center of the child's chest. The visual inspection for the usage of a seat belt by a child must ensure that the lap belt properly fits across the child's lap and the shoulder strap crosses the center of the child's chest. In determining violations, consideration to the above criteria must be given in conjunction with the provisions of (a) through (e) of this subsection. The driver of a vehicle transporting a child who is under the age of 6 years old or weighs less than 60 pounds, when the vehicle is equipped with a passenger side air bag supplemental restraint system, and the air bag is activated shall transport the child in the back seat positions in the vehicle where is practical to do so.
- 2) A person violating subsection (1) (a) through (e) of this section may be issued a notice of traffic infraction under chapter 46.63 RCW. If the person to whom the notice was issued presents proof of acquisition of an approved child passenger restraint system or a child booster seat, as appropriate, within 7 days to the jurisdiction issuing the notice and the person has not previously and a violation of this section dismissed, the jurisdiction shall dismiss the notice of traffic infraction.
- 3) Failure to comply with the requirements of this section shall not constitute negligence by a parent or legal guardian; nor shall failure to use a child restraint system be admissible as evidence of negligence in any civil action.
- 4) This section does not apply to: (a) for hire vehicles, (b) vehicles designed to transport 16 or less passengers, including the driver, operated by auto transportation companies, as defined in RCW 81.68.010, (c) vehicles providing customer shuttle service between parking, convention, and hotel facilities, and airport terminals, and (d) school buses.

- 5) As used in this section “child booster seat” means a child passenger restraint system that meets the Federal Motor Vehicle Safety Standards set forth in C.F.R. 571.213 that is designed to elevate a child to properly sit in a federally approved lap/shoulder belt system.
- 6) The requirements of subsection (1) (a) through (e) of this section do not apply in any seating position where there is only a lap belt available and the child weighs more than 40 pounds.

Section 3. RCW 46.61.688 and 1990 c250s58 are each amended to read as follows:

- 1) For the purposes of this section, the term “motor vehicle” includes:
 - a) “Buses,” meaning motor vehicles with motive power, except trailers, designed to carry more than 10 passengers;
 - b) “Multipurpose passenger vehicles,” meaning motor vehicle with motive power, except trailers, designed to carry 10 persons or less that are constructed either on a truck chassis or with special features for occasional off-road operation[‘
 - c) “Passenger cars,” meaning motor vehicles with motive power except multipurpose passenger vehicles, motorcycles, or trailers, designed for carrying 10 passengers or less; and
 - d) “Trucks,” meaning motor vehicles with motive power, except trailers, designed primarily for the transportation of property.
- 2) This section only applies to motor vehicles that meet the manual seat belt safety standards as set forth in federal motor vehicle safety standard 208. This section does not apply to a vehicle occupant for whom no safety belt is available when all designated seating positions as required by federal motor vehicle safety standard 208 are occupied.
- 3) Every person 16 years of age or older operating or riding in a motor vehicle shall wear the safety belt assembly in a properly adjusted and securely fastened manner.
- 4) No person may operate a motor vehicle unless all child passengers under the age of 16 are either: wearing a safety belt assembly or (b) are securely fastened into an approved child restraint device.
- 5) A person violating this section shall be issued a notice of traffic infraction under chapter 56.63 RCW. A finding that a person has committed a traffic infraction under this section shall be contained the driver’s abstract but shall not be available to insurance companies or employers.
- 6) Failure to comply with the requirements of this section does not constitute negligence, nor may failure to wear a safety belt be admissible as evidence of negligence in any civil action.
- 7) Except for subsection (4) (b) of this section, which must be enforced as a primary action, enforcement of this section by law enforcement officers may be accomplished only as a secondary action when a driver of a motor vehicle has been detained for a suspected violation of Title 46 RCW or an equivalent local ordinance or some other offense.
- 8) This section does not apply to an operator or passenger who possesses written verification from a licensed physician that he operator or passenger is unable to wear a safety belt for physical or medical reasons.
- 9) The state patrol may adopt rules exempting operators or occupants of farm vehicles, construction equipment, and vehicles that are required to make frequent stops from the requirement of wearing safety belts.

Section 4. A new section is added to chapter 46.61 RCW to read as follows: The Traffic Safety Commission shall conduct an educational campaign using all available methods to raise public awareness of the importance of properly restraining child passengers and the value of seatbelts to adult motorists. The Traffic Safety Commission shall report to the transportation committees of the legislature on the campaign and results observed on the highways. The first report is due December 1, 2000 and annually thereafter.

Section 5. This act may be known and cited as the Anton Skeen Act.

Section 6. This act takes effect July 1, 2002.

APPENDIX A

APPENDIX A

Is Your Child Ready for a Seat Belt? Think Again!

Children need to ride in a booster seat until the seat belt fits right, when they are at least 4 feet, 9 inches tall, about 80 pounds and 8 years old.



What is a Booster Seat?

A booster seat is made for older kids when they are too big for a car seat but not big enough for an adult seat belt. A booster seat raises the child up so that both the lap and shoulder parts of the seat belt pass across the child's body in the right places.

Why Does My Child Need to Ride in a Booster Seat?

Car crashes kill more children 4 to 8 years old than anything else. Seat belts save lives, but a seat belt that doesn't fit correctly won't protect your child in a crash. **Booster seats solve the problem.**

In a crash, a child who is too small for a seat belt can slip out and get hurt or die. Children also can be badly hurt in a crash when the lap part of the seat belt sits up on the tummy, where it can injure internal organs. A shoulder belt worn under the arm can break ribs, and placing the shoulder belt behind the back causes the child to move too far forward causing head trauma.

Many states now have booster seat laws. In Washington State, the law requires booster seats for children 4 to 6 years old or 40 to 60 pounds. Doctors and safety experts advise that children use booster seats until the seat belt fits correctly. In many cases, this will be when they are at least 4'9" tall, about 80 pounds and about 8 years old.

When Does My Child Need to Use a Booster Seat?

Start to use a booster seat when your child:

- Outgrows his forward-facing car seat with a harness. This happens when his shoulders are above the top set of strap slots or;
- Weighs 40 pounds.

Keep using a booster seat until the seat belt fits the way it should.

How Do I Know When the Seat Belt Fits My Child?

To see if your child is ready for a seat belt, try this **5-step test**:*

1. Can your child sit all the way back against the auto seat?
2. Do your child's knees bend with ease at the edge of the seat without slouching?
3. Does the lap belt fit snugly across the top of the thighs, not up on the tummy?
4. Does the shoulder belt come across the center of the shoulder and chest?
5. Can your child sit like this for the whole trip?

If you answer "no" to any of these questions, or your child puts the shoulder belt under the arm or behind the back, a booster seat is needed for a good seat belt fit.

*Used with permission from SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

www.boosterseat.org

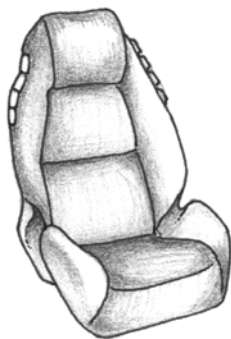
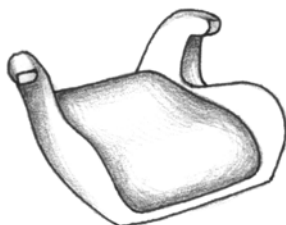
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How Do I Pick the Right Booster Seat?

Booster seats come in many types and styles. Check the label for the weight limits and always follow the manufacturer's guidelines. Booster seats come in a wide range of prices. A higher price may not mean a better or safer booster seat. Here are some guidelines to help you.

No-back booster:

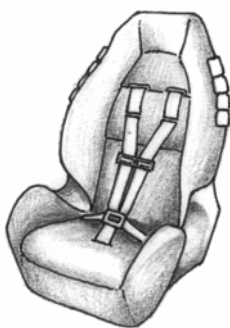
Must be used with a lap/shoulder style seat belt. It is best if your car's seat back or headrests come above your child's ears when she is sitting in the booster seat. This model is easy to pack up and move from car to car.



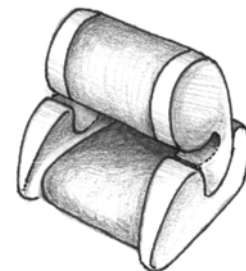
High-back booster: Must be used with a lap/shoulder style seat belt. A high-back booster protects against whiplash in cars with low seat backs. It can be used in cars with or without headrests. The high back also supports a sleeping child.

Forward-facing seat with harness:

Use the harness until your child weighs 40 pounds. Then, remove the harness and use the booster seat with the lap/shoulder style seat belt. This booster seat can be used in cars with or without headrests.



Shield booster: Using the shield portion of this booster is no longer advised. If the shield comes off, take it off (check instruction book). Then use the booster seat with the lap/shoulder style seat belt for children over 40 pounds. It works like a no-back booster seat. This style works best in cars with headrests.



What if My Car Has Only Lap Belts in the Back Seat?

There are many products you can buy to help improve your child's safety in the car if you only have lap belts in the back seat. To learn more about them, or for more information, call (425) 828-8975, 1-800-BUCK-L-UP, or visit www.boosterseat.org.

My 6-year-old Says He is a Big Boy Now and None of His Friends Have Booster Seats. What Should I Tell Him?

You know your child best, but here are some ideas:

- It's the law.
- I love you and want to protect you. The seat belt alone is not enough.
- Booster seats are made just for older kids like you.
- You'll be able to see out the window better.
- A booster seat will make the seat belt fit better and be more comfortable.

Where Can I Get More Information?

- Call the Safety Restraint Coalition at (425) 828-8975 or 1-800-BUCK-L-UP.
- Or visit the Washington State Booster Seat Coalition Web site at www.boosterseat.org.

Information from: National Highway Traffic Safety Administration, SafetyBeltSafe U.S.A., Safe Ride News Publications, Safety Restraint Coalition.

¿Tiene su niño el tamaño adecuado para usar cinturón de seguridad? ¡Piénselo bien!

Los niños deben andar en automóvil sentados en un asiento elevado hasta que los cinturones de seguridad le queden justos, cuando tengan por lo menos 4.9 pies de altura, pesen cerca de 80 libras y tengan 8 años de edad.



¿Qué es un asiento elevado?

El asiento elevado está diseñado para los niños grandes que ya no caben en un asiento para bebés o infantes, pero que no son lo suficientemente grandes como para usar un cinturón de seguridad para adultos. Un asiento elevado eleva al niño para que las partes del cinturón de seguridad que protegen el regazo y los hombros, crucen el cuerpo del niño en las partes adecuadas.

¿Por qué necesita mi niño sentarse en el asiento elevado?

Los choques de automóviles causan más muertes en los niños entre 4 y 8 años de edad que cualquier otra cosa. Los cinturones salvan vidas, pero si el cinturón no les queda bien, no los protegerá durante un choque. **Los asientos elevados resuelven el problema.**

En un choque, si el niño es demasiado pequeño para el cinturón de seguridad, podría deslizarse y lastimarse o morir. Los niños también se pueden herir gravemente en un choque, cuando la parte del cinturón de seguridad que debe proteger el regazo, les cruza por el abdomen, en donde puede dañar los órganos internos. Cuando un cinturón de seguridad que debe proteger los hombros, se usa debajo del brazo, puede fracturar las costillas y colocando dicho cinturón en la espalda, hace que el niño se incline demasiado hacia adelante, causando lesiones en la cabeza.

Muchos estados tienen reglamentos para los asientos elevados. En el estado de Washington, la ley requiere asientos elevados para los niños que tengan de 4 a 6 años de edad o que pesen entre 40 y 60 libras. Los doctores y los expertos en seguridad aconsejan que los niños usen este tipo de asientos hasta que el cinturón de seguridad los proteja adecuadamente. En muchos casos, esto ocurre cuando ellos alcanzan la altura de 4.9 pies, pesan alrededor de 80 libras y tienen aproximadamente 8 años de edad.

¿Cuándo necesita mi niño usar el asiento elevado?

Empiece a usar el asiento elevado cuando su niño:

- Ya no quepa en el asiento para auto del tipo con arnés que va colocado viendo hacia adelante. Esto sería cuando sus hombros quedan más arriba de los espacios para pasar las correas, o;
- Pese alrededor de 40 libras.

Use un asiento elevado hasta que el cinturón de seguridad le quede como debe.

¿Cómo sé cuando el cinturón de seguridad es apropiado para mi niño?

Para comprobar si el cinturón de seguridad le queda bien a su niño, **responda a estas 5 preguntas:***

1. ¿Se puede sentar el niño completamente hacia atrás y recargarse en el respaldo del asiento?
2. ¿Se doblan las rodillas del niño confortablemente en la orilla del asiento del automóvil sin adoptar una postura descuidada?
3. ¿Le queda el cinturón de regazo bien ajustado sobre los muslos, en vez del estómago?
4. ¿Le cruza el cinturón de hombro por el centro del hombro y del pecho?
5. ¿Puede su niño mantenerse sentado así durante todo el viaje?

Si contestó “no” a cualquiera de las preguntas o si su niño se pone el cinturón que protege el hombro debajo del brazo o atrás de la espalda, necesita un asiento elevado para que el cinturón de seguridad calce adecuadamente.

*Usado con el permiso de SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

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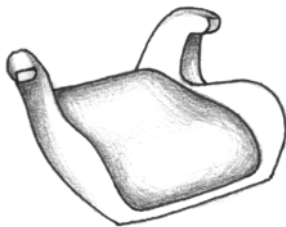


¿Cómo escojo el asiento elevado adecuado?

Los asientos elevados vienen en diferentes tipos y estilos. Lea la etiqueta para asegurarse de los límites en el peso y siempre siga las instrucciones de manufactura. Los asientos elevados tienen diferentes precios. Un precio más caro no indica que el asiento elevado es mejor o más seguro. A continuación mencionamos unos ejemplos para ayudarlo.

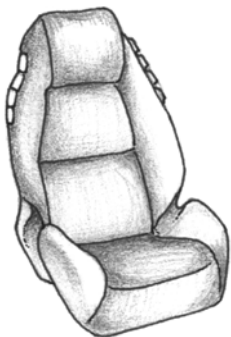
Asiento sin

respaldo: Se debe usar con el cinturón del estilo hombro y regazo. Es mejor si la parte de arriba del respaldo o los soportes para la cabeza del auto quedan por arriba de las orejas de su niño estando sentado en el asiento elevado. Este modelo es fácil de poner y cambiar de un auto a otro.



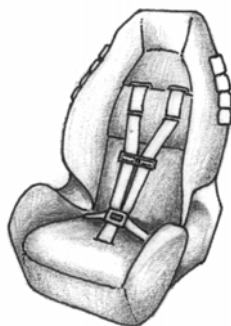
Asiento con respaldo

alto: Se debe usar con el cinturón del estilo hombro y regazo. El asiento con respaldo alto protege en contra de desnucamiento en los autos que tienen los asientos bajos. Se puede usar en los autos con o sin soportes para la cabeza.



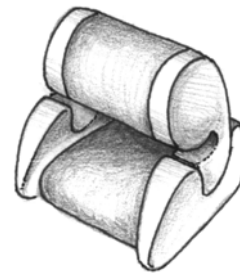
Asiento orientado hacia adelante, con arnés:

Use el arnés hasta que su niño pese 40 libras. Entonces puede quitar el arnés y usar el asiento elevado con cinturón del estilo hombro y regazo. Asegúrese de leer y seguir las instrucciones de manufactura. Este asiento elevado se puede usar en autos con o sin soportes para la cabeza.



Asiento elevado con protector:

Ya no se recomienda usar la parte del protector. Si se puede quitar el protector, hágalo (lea el folleto de instrucciones). Use el asiento elevado con el cinturón del estilo hombro y regazo con niños que pesen más de 40 libras. Este tipo de asiento es más eficaz en los autos con soportes para la cabeza.



¿Qué hago si mi auto sólo tiene cinturones para regazo en el asiento de atrás?

Hay muchos productos que usted puede comprar para mejorar la seguridad de su niño en el automóvil, si sólo tiene cinturones para regazo en el asiento de atrás. Para obtener mayor información, llame a los siguientes números de teléfono (425) 828-8975, 1-800-BUCK-L-UP, o visite www.boosterseat.org.

Mi niño de 6 años de edad dice que ya es grande y que ninguno de sus amigos usa un asiento elevado. ¿Qué puedo decirle?

Usted conoce bien a su niño, pero a continuación sugerimos algunas ideas:

- Es la ley.
- Te amo y deseo protegerte. El cinturón de seguridad no es suficiente.
- Los asientos elevados están hechos especialmente para niños más grandes, como tú.
- Podrás ver mejor por la ventana.
- El asiento elevado hará que el cinturón de seguridad calce mejor y será más cómodo.

¿Adónde puedo obtener más información?

- Llame a Safety Restraint Coalition al (425) 828-8975 o al 1-800-BUCK-L-UP (1-800-282-5587).
- O visite el sitio Web de Washington State Booster Seat Coalition, en www.boosterseat.org.

Con Quý Vị Đã Sẵn sàng Dùng Đai An toàn Chưa? Hãy Nghĩ Lại Xem!



Trẻ con cần được chở trong xe, trên ghế nâng cho đến khi đai an toàn vừa khít hoàn toàn, khi chúng cao ít nhất 4 ft 9 in, nặng lối 80 lbs và được 8 tuổi.

Ghế Nâng Là Gì?

Ghế nâng được thiết kế cho những đứa trẻ lớn hơn, khi chúng quá lớn cho ghế của trẻ nhỏ nhưng không đủ lớn để vừa với ghế có đai an toàn dành cho người lớn. Ghế nâng đưa trẻ lên cao để dây đai bụng và dây đai vai choàng ngang qua thân thể đứa trẻ ở đúng vị trí.

Tại Sao Con Tôi Cần Ngồi Trên Ghế Nâng Khi Đi Xe?

Những vụ đụng xe làm chết trẻ em từ 4 đến 8 tuổi nhiều hơn bởi bất cứ nguyên do nào khác. Đai an toàn cứu mạng sống, nhưng đai an toàn không vừa khít sẽ không bảo vệ con quý vị trong các vụ đụng xe. **Ghế nâng có thể giải quyết vấn đề.**

Trong một vụ đụng xe, đứa trẻ quá nhỏ cho đai an toàn có thể tuột khỏi ghế và bị đau hay chết người. Trẻ em cũng có thể bị đau trong vụ đụng xe khi đai choàng quanh bụng của đai an toàn giật mạnh vào dạ dày, có thể làm tổn thương các bộ phận bên trong. Một dây đai vai đeo phía dưới cánh tay có thể làm gãy xương sườn, và đặt dây đai vai phía sau lưng có thể khiến cho đứa trẻ bị đẩy quá xa về phía trước gây ra chấn thương nơi đầu.

Hiện nay nhiều tiểu bang đã có luật về ghế nâng. Tại Tiểu bang Washington, luật pháp đòi hỏi phải có ghế nâng cho trẻ em từ 4 đến 6 tuổi hay nặng từ 40 đến 60 lbs. Bác sĩ và chuyên gia an toàn khuyên trẻ em dùng ghế nâng cho đến khi nó vừa khít với đai an toàn. Trong nhiều trường hợp, điều này sẽ phải áp dụng cho đến khi chúng cao ít nhất 4'9", nặng lối 80 lbs và được lối 8 tuổi.

Khi Nào Con Tôi Phải Dùng Ghế Nâng

Bắt đầu dùng ghế nâng khi con quý vị:

- Lớn hơn đai an toàn quay mặt về phía trước với phần cứng. Điều này xảy ra khi vai nó cao hơn bộ khe giữ dây trên cùng, hay;
- Trẻ nặng 40 lbs.

Tiếp tục dùng ghế nâng cho đến khi đai an toàn vừa khít với đứa trẻ đúng như ý muốn.

Làm sao Tôi Biết Được Khi nào Đai An toàn Vừa Khít Với Con Tôi?

Để biết con quý vị sẵn sàng cho đai an toàn, hãy thực hiện **thử 5-bước** *sau:

1. Đứa trẻ có thể ngồi dựa sát hoàn toàn vào lưng ghế xe không?
2. Đầu gối của đứa trẻ buông thõng một cách thoải mái cạnh mép ghế mà không luộm thuộm?
3. Dây đai đùi có vắt ngang khít gọn gàng trên bắp đùi, không phải về phía trên nơi dạ dày không?
4. Dây đai vai có vắt ngang trung tâm của vai và lồng ngực không?
5. Đứa trẻ có ngồi như vậy trong suốt cuộc hành trình không?

Nếu quý vị trả lời “không” cho bất cứ câu hỏi nào trên đây, hay đứa trẻ để dây đai vai phía dưới cánh tay hay phía sau lưng, quý vị cần phải có ghế nâng để có dây đai khít vừa vặn.

* Sử dụng với sự đồng ý của SafetyBeltSafe Hoa Kỳ

Washington State Booster Seat Coalition

www.boosterseat.org

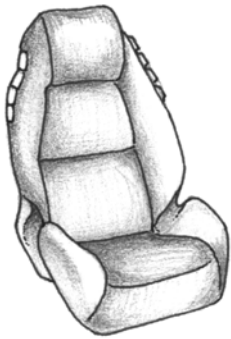
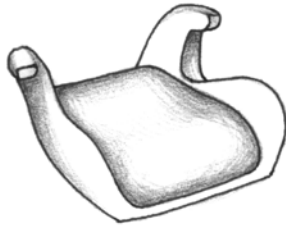
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Làm Thế Nào Để Tôi Chọn Được Ghế Nâng Thích hợp?

Có nhiều loại và kiểu ghế nâng khác nhau. Kiểm xem giới hạn về trọng lượng trên nhãn và luôn luôn theo đúng các hướng dẫn của nhà sản xuất. Ghế nâng được bán với nhiều giá khác nhau. Ghế với giá cao không có nghĩa là ghế tốt hơn và an toàn hơn. Sau đây là vài hướng dẫn để giúp quý vị.

Ghế nâng không có lưng dựa

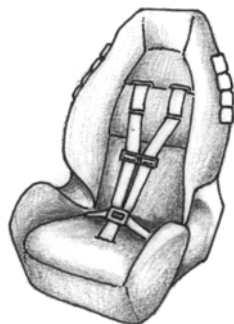
Phải được dùng với kiểu đai an toàn có dây đai đùi/vai. Tốt nhất là dùng loại ghế này cho trường hợp lưng ghế hoặc chỗ dựa đầu cao hơn tai của đứa trẻ khi nó ngồi trên ghế nâng. Kiểu này xếp dễ dàng và có thể di chuyển từ xe này sang xe khác.



Ghế nâng có lưng cao: Phải được dùng với kiểu đai an toàn có dây đai đùi/vai. Ghế nâng có lưng cao bảo vệ đứa trẻ khỏi bị vẹo cổ khi ngồi trong xe có ghế lưng thấp. Ghế có thể dùng cho loại xe có hay không có chỗ dựa đầu. Ghế lưng cao cũng giúp cho trẻ em đang ngủ.

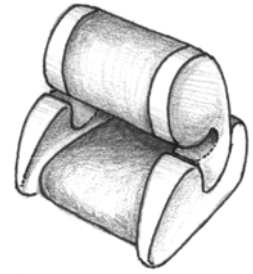
Ghế hướng về trước có bộ phận cứng:

Dùng bộ phận cứng cho đến khi đứa trẻ được 40 lbs. Kế đó, lấy bộ phận cứng đi và dùng ghế nâng với kiểu đai an toàn có dây đai đùi/vai. Loại ghế nâng này có thể dùng cho xe có hay không có chỗ dựa đầu.



Ghế nâng có miếng chắn:

Việc dùng phần chắn của kiểu ghế nâng này không còn được khuyến khích nữa. Nếu miếng chắn rút ra, hãy tháo nó đi (kiểm lại với sách hướng dẫn). Kế đó dùng ghế nâng với kiểu đai an toàn có dây đai đùi/vai cho trẻ em trên 40 lbs. Nó hoạt động giống như loại ghế nâng không có lưng. Loại ghế này hoạt động tốt nhất với xe có phần dựa đầu.



Tôi Phải Làm Gì Nếu Xe Tôi Chỉ Có Đai Đùi Ở Ghế Sau?

Có nhiều loại sản phẩm quý vị có thể mua để giúp cải thiện an toàn cho con quý vị trong xe nếu quý vị chỉ có đai đùi ở ghế sau. Để biết thêm về những sản phẩm này, hay để có thêm tin tức, hãy gọi (425) 828-8975, 1-800-BUCK-L-UP, hay viếng trang Web www.boosterseat.org.

Đứa Con Trai 6 Tuổi Của Tôi Nói Rằng Nó Đã Lớn và Không Có Đứa Bạn Nào Của Nó Dùng Ghế Nâng. Tôi Phải Nói Gì Với Nó?

Quý vị hiểu rõ con mình hơn ai hết, nhưng sau đây là một vài ý kiến:

- Đây là điều bắt buộc theo luật pháp.
- Cha mẹ thương con và muốn bảo vệ con. Một mình dây an toàn không đủ.
- Ghế nâng được thiết kế cho trẻ lớn như con.
- Con có thể nhìn ra bên ngoài cửa sổ rõ hơn.
- Một ghế nâng sẽ làm cho đai an toàn khít vừa vặn hơn và làm cho con thoải mái hơn.

Tôi Có Thể Lấy Thêm Tin Tức Ở Đâu?

- Gọi cho Safety Restraint Coalition ở số (425) 828-8975 hay 1-800-BUCK-L-UP.
- Hay viếng trang Web của Booster Seat Coalition của Tiểu bang Washington tại: www.boosterseat.org.

Готов ли Ваш ребенок к езде с ремнями безопасности?

Подумайте об этом еще раз!

Дети должны ездить на приподнимающем сидении, прежде чем им подойдут ремни безопасности, когда они достигнут, по меньшей мере роста 4 фута и 9 дюймов, веса 80 фунтов и возраста 8 лет.



Что такое приподнимающее сидение?

Приподнимающее сидение изготавливается для детей старшего возраста, для которых детское сидение мало, но которые не доросли до ремней безопасности, предназначенных для взрослых. Приподнимающее сидение поднимает Вашего ребенка настолько, что поясная и плечевая части ремней безопасности будут облегать тело ребенка должным образом.

Почему при езде мой ребенок нуждается в приподнимающем сидении?

В автомобильных авариях погибает больше детей в возрасте от 4 до 8 лет, чем по другим причинам. Ремни безопасности спасают жизни, однако, если они неправильно облегают тело, они не защитят Вашего ребенка при аварии. **Приподнимающие сидения решают эту проблему.**

При аварии ребенок, который слишком мал для ремней безопасности, может выскользнуть из них и получить травму или погибнуть. При аварии дети могут получить опасные травмы и тогда, когда поясная часть ремня окажется на животе, что может привести к повреждению внутренних органов. Плечевой ремень, который проходит под рукой, может привести к перелому ребра, а его размещение за спиной приведет к тому, что ребенок может сдвинуться слишком далеко вперед и получить травму головы.

Сейчас во многих штатах приняты законы о приподнимающих сидениях. В штате Вашингтон закон требует, чтобы дети в возрасте от 4 до 6 лет или весом от 40 до 60 фунтов ездили в приподнимающих сидениях. Врачи и эксперты по безопасности рекомендуют использование приподнимающих сидений для детей, пока ремни не будут подходить должным образом. Во многих случаях это произойдет, когда дети достигнут по меньшей мере роста 4'9", веса 80 и возраста 8 лет.

Когда мой ребенок должен начать пользоваться приподнимающим сидением?

Начинайте использовать приподнимающее сидение когда Ваш ребенок:

- Вырастет из своего, обращенного вперед детского автомобильного и его ремней. Это произойдет, когда его плечи будут выше уровня выходных отверстий ремней детского сидения.
- Весит 40 фунтов.

Продолжайте пользоваться приподнимающим сидением, пока ему не подойдут полностью ремни безопасности для взрослых.

Как я могу определить, что ремни безопасности подходят моему ребенку?

Чтобы узнать, готов ли Ваш ребенок к ремням безопасности, попробуйте провести эту 5-этапную проверку:*

1. Может ли ваш ребенок полностью опираться на спинку кресла автомобиля?
2. Легко ли сгибаются колени Вашего ребенка у края кресла автомобиля (не полулежа)?
3. Плотны ли облегают поясной ремень верхнюю часть бедер, не поднимаясь на живот?
4. Проходит ли плечевой ремень через центр плеча и груди?
5. Может ли Ваш ребенок сидеть в таком положении всю дорогу?

Если Вы ответите "нет" на любой из этих вопросов или Ваш ребенок просовывает плечевой ремень под руку или за спину, приподнимающее сидение необходимо для правильной подгонки ремней безопасности.

*Разрешение на использование SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

www.boosterseat.org

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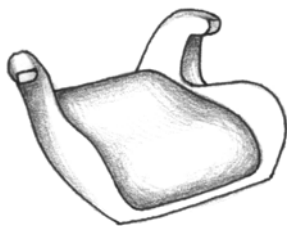
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Как мне выбрать подходящее приподнимающее сидение?

Приподнимающие сидения бывают разных типов и видов. Проверьте по этикетке пределы веса и всегда следуйте инструкциям завода-изготовителя. Цены таких сидений колеблются в широких пределах. Более высокая цена не обязательно означает лучшее качество или большую безопасность приподнимающего сидения. Здесь приведено несколько советов, которые могут Вам помочь.

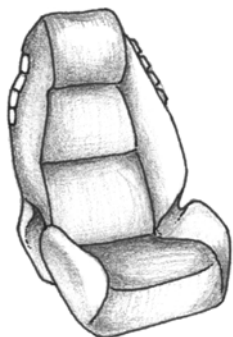
Приподнимающее сидение без спинки:

Должно использоваться с поясным и плечевым ремнями. Наилучший вариант – если спинка кресла или подголовник находятся выше уровня ушей вашего ребенка, когда он сидит на приподнимающем сидении. Эту модель легко складывать и переносить из одного автомобиля в другой.



Приподнимающее сидение с высокой спинкой:

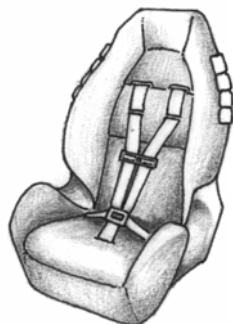
Должно использоваться с поясным и плечевым ремнями. В автомобилях с низкими спинками кресел приподнимающее сидение с высокой спинкой защищает шею от повреждений при авариях. Оно может



использоваться в автомобилях с подголовниками или без них. Высокая спинка также поддерживает спящего ребенка.

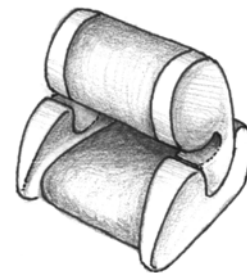
Обращенное вперед сидение с ремнями:

Используйте ремни, пока Ваш ребенок не достигнет веса 40 фунтов. После этого снимите ремни и используйте приподнимающее сидение с поясным и плечевым ремнями. Это сидение можно использовать в автомобилях с подголовниками или без них.



Приподнимающее сидение со щитком:

Использование щитка этого сидения больше не рекомендуется. Если щиток съемный, снимите его (проверьте по инструкции). После этого используйте приподнимающее сидение с поясным и плечевым ремнями для детей весом свыше 40 фунтов. Оно работает подобно приподнимающему сидению без спинки. Это сидение более эффективно в автомобилях с подголовниками.



Что, если мой автомобиль имеет только поясные ремни на заднем сидении?

Существует много изделий, которые Вы можете купить, чтобы повысить безопасность Вашего ребенка при езде в автомобиле только с поясными ремнями безопасности на заднем сидении. Чтобы изучить этот вопрос, или получить дополнительную информацию, звоните по тел. (425) 828-8975, 1-800-BUCK-L-UP, или посетите вебсайт www.boosterseat.org.

Мой 6-летний сын говорит, что он уже большой мальчик, и никто из его друзей не ездит в приподнимающем сидении.

Что мне сказать ему?

Вы лучше всех знаете Вашего ребенка, но вот несколько советов:

- Этого требует закон.
- Я люблю тебя и хочу тебя защитить. Однако, одних ремней безопасности недостаточно.
- Приподнимающие сидения сделаны специально для старших детей, таких, как ты.
- Тебе будет удобнее смотреть в окно.
- Приподнимающее сидение сделает ремни безопасности хорошо подогнанными и более удобными.

Где я могу получить дополнительную информацию?

- Звоните в организацию Safety Restraint Coalition по тел. (425) 828-8975, 1-800-BUCK-L-UP.
- Или посетите наш вебсайт Washington State Booster Seat Coalition с адресом www.boosterseat.org.

Ilmahaagu Diyaar ma u yahay Seat Belt? Dib uga Fakar!

Caruurta waxay u baahyihiin in lagu xiro booster seat ilaa inta seat beltku uu si fiican u leeganayo, inta ay ugu yaraan dhererkoodu gaarayo 4 fiit, 9 inj, ama ilaa 80 rodol ama 8 jir.



Waa maxay booster seat?

Booster seatka waxa loogu tala galay caruurta ka waynaata kaar seatka laakiin wali aan gaarin da'da xirata seat beltka dadka waawayni xirtaan. Waxaa lagu fariisiyaa kursiga baabuurta oo ilmaha ayuu kor u qaadaa si suumanka lagu xirto dhabta iyo kan garbaha halka ku haboon ay ilmaha kaga beegmaan.

Maxaa uu Ilmahaygu uga Baahanyahay Booster Seat?

Shilalka baabuurta caruurta da'doodu ku siman tahay 4 ilaa 8 ayaa ah kuwa ugu badan ee ku dhinta. Seat beltku nafta ayuu badbaadiyaa, laakiin seat beltka aan si wacan ilmahaaga u leegayni ilmahaaga badbaadin maayo hadii shil dhaco. **Booster seatka ayaa dhibaataadaas xaliya.**

Hadii shil dhaco, ilmaha ka yar heerka lagu xirto Seat beltku wuu siiban karaa oo dhaawacmi karaa ama dhiman karaa. Caruurta dhaawac wayn ayaa soo gaari kara hadii shil dhaco hadii suunka loogu talagalay bawdyaha kaga beegmo caloosha isaga oo waxyeelo u gaysan kara caloosha iyo xubnaha ku jira gudaheeda. Suun garabaha oo laga hoosaysiiyo gacmahu feedhaha ayuu jebin karaa, hadii suunka garbaha dhabarka la mariyona ilmaha ayuu xagga hore u riixi karaa oo madaxa dhaawac uga gaysan karaa.

Gobolada badidoodu hadda waxay leeyihiin qaanuuno u yaala Booster seatka. Gobolkan Washington sharcigu waxuu farayaa in booster seat lagu xiro caruurta da'doodu u dhaxayso 4 ilaa 6 ama 40 ilaa 60 rodol. Dhaqtarada iyo dadka aqoonta dheer u leh badbaadadu waxay ku talinayaan in caruurta la saaro booster seat ilaa inta seat beltku si wacan u leegaanayo. Inta badana waa inta ilmaha dhererkiisu gaarayo 4'9", ilaa 80 rodol ama 8 jir.

Goorma ayaa Ilmahaygu uu u Baahanyahay inuu Adeegsado Booster Seat?

Adeegso Booster Seat marka ilmahaagu:

- uu ka waynaado kaar seatka hore u jeede ee baabuurka ee leh harneska. waxay taasi dhacdaa marka garbahiisu ay ka kor maraan halka daloosha ee suunka lagu xiro ama;
- Culayskiisu gaaro 40 rodol.

Adeegso Booster seat ilaa inta uu seat beltku si wacan u leegaanayo.

Sidee ku ogaanayaa in seat beltku le-eg yahay canugayga?

Si aad u garato in ilmaahagu diyaar u yahay seat belt, **ku tijaabi 5tan taaabo:***

1. Ilmahaagu dib ma u wada fariisan karaa isagoo ku tiirsanaya kursiga gaargia?
2. Ilmahu jilbaha si wacan ma uga soo laaban karaa cirifka kursiga gaargia?
3. Suunka dhactu si wacan ma ugu giijismayaa bowdyaha?
4. Suunka laabtu si wacan ma uga gudbayaa bartanka garbaha iyo laabt?
5. Ilmahu sidan ma u fadhiyi karaa socdaal dheer?

Hadii su'aalahan midkood "maya" yahay, ama ilmahaagu uu suunka garbaha ku xirayo gacmaha ama dhabarkaba marinayo, waxuu u baahanyahay booster seat.

*Ogolaansho waxaa laga helay SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

www.boosterseat.org

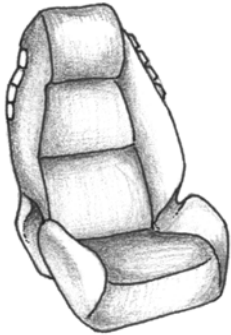
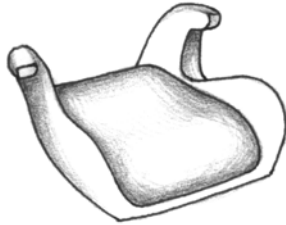
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Sideen u Ogaan karaa Booster Seatka u Haboon?

Booster Seatyadu waa noocyo badan. Akhri sumadahiisa hubi miisaankooda raacna sida ay cidda samaysay ugu talogashay. Qiimahoodu way kala duwanyahiin wanaagooduna kuma xiran qiimahooda. Waxyaabahan ayaa kaa caawin kara doorashadiisa.

Boosterka dhabarka

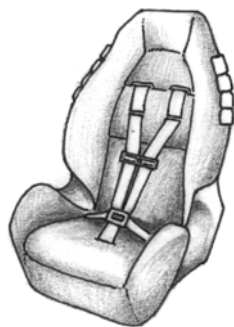
lahayn: waa in lagu isticmaalaa suunka dhabta iyo garbaha. Waxaa uu ku wacan yahay marka halka uu madaxa saarayo ilmahu ama ilmaha dhagahiisu ka sareeyeen kursiga dambe.



Boostarka dhabarka dheer: u isticmaal suunka dhabta iyo garbaha. Waxuu dhaawaca fudud ee shilku keeno ka ilaaliyaa baabuurta leh kuraasta gaaban. Baabuurta leh meel madaxa la saaro iyo kuwa kaleba waa loo adeegsan karaa.

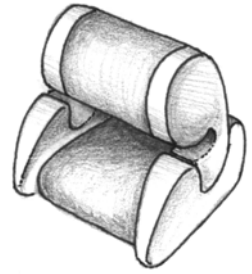
Booster seatka dhabarka dheer ee harnesska leh:

Isticmaal harnesska ilaa ilmahaagu gaarayo 40 rodol. Kadib ka saar harnesska oo adeegso booster seat leh suunka dhabta iyo kan garbaha. Had iyo jeer raac tusaalaha cidda samaysay. Booster seatkan baabuurta leh meesha madaxa lagu nasiyo iyo kuwa kaleba waa loo isticmaali karaa.



Shield booster:

Isticmaalka qaybta shield ee boostarkan lagugula talin maayo. Hadii shiildku ka baxo, ka saar (buugga ka eego). Caruurta ka yar 40 rodol u isticmaal booster seatka leh suumanka dhabta iyo kuwa garabaha. Waxay ku wacan yihiin baabuurta leh meel madaxa lagu nasiyo.



Maxaan Sameeyaa Hadii Kursiga dambe ee Baabuurkaygu uu Leeyahay Suunka Dhabta oo Kaliya?

Waxaa jira waxyaabo badan ood iibsano karto ood ku kordhin karto badbaadada gaadhiga ee ilmaha hadii gaadhigaagu uu leeyahay suunka dhabta oo kaliya. Si aad waxyaabahas wax uga ogaato, ama waxii dheeraad ah, kala xiriir (425)828-8975, 1800- BUCK-L-UP, ama booqo www.boosterseat.org.

Ilmahayga 6da sano jira ayaa yiri hadda nin wayn ayaan ahay oo caruurta ila da'da ah midna lama saaro booster seat. Maxaan ku iraa?

Ilmahaaga cidid kaama taqaan, waxaanse kugula talin sidan:

- Sharciga ayaa dhigaya sidaa..
- Waa ku jecelahay inaan ku badbaadiyo ayaanan rabaa, seet beltka oo kaliya ahina wax kuu qaban maayo.
- Booster seatka waxaa loo sameeyey adiga iyo caruurta kula mid ka ah.
- Muraayada ayaad si wacan wax uga daawan kari doontaa.
- Booster seatku seet beltka ayuu si wacan kaaga dhigi mid kuugu xirma raaxona wuu kaaga dhigi.

Warar Dheeraad ah Xageen ka Heli Karaa?

- La hadal Safety Restraint Coalition (425) 828-8975 ama 1-800-BUCK-L-UP.
- Ama booqo bogga internetka ee Eashington State Booster Seat Coalition www.boosterseat.org.



هل طفلك مهياً للبس حزام الأمان؟ فكري مرة أخرى !

يحتاج الأطفال إلى الجلوس على مقعد إضافي لهم ("بوستر سيت") أثناء ركوبهم في السيارة، حتى يركب عليهم حزام الأمان بشكل صحيح، ويكون هذا عادة عندما يبلغ طول الطفل 4 أقدام و9 بوصات على الأقل، وحوالي 80 باوند من الوزن، و8 سنوات من العمر.

متى يحتاج طفلي

إلى استخدام مقعد إضافي؟

إبدأي استخدام مقعد إضافي عندما:

- يصبح طفلك كبيراً ويكون مقعد السيارة المواجه إلى الأمام والمجهز بالأحزمة صغيراً عليه. وذلك عندما يكون حد كتفيه فوق مجموعة الثقوب العليا أو؛
- يصبح وزنه 40 باوند.
- يستمر في استخدام مقعد إضافي إلى أن يركب على الطفل حزام الأمان بحسب ما ينبغي عليه.

كيف يمكنني معرفة عندما يركب حزام الأمان على طفلي؟

للعثور على أن طفلك مهياً للبس حزام الأمان، حاولي هذا الاختبار البسيط المكون من 5 خطوات: *

1. هل يقدر طفلك على الجلوس في آخر مؤخرة مقعد السيارة؟
2. هل تتحني ركبتك طفلك بارتياح عند حد المقعد دون أي تهذب؟
3. هل يركب حزام الحوض بارتياح عبر أعلى الفخذين وليس إلى حد أعلى البطن؟
4. هل يركب حزام الكتف بشكل يمر عبر وسط الكتف والصدر.
5. هل يقدر طفلك أن يجلس في مثل هذا الوضع طوال الرحلة؟

إذا كان جوابك "لا" لأي من هذه الأسئلة، أو إذا كان طفلك يضع حزام الكتف تحت ذراعه أو خلف ظهره، فهذا يعني بأنه يقتضي استخدام مقعد إضافي للأطفال إلى أن يركب عليهم حزام الأمان بصورة صحيحة.

استخدم باذن من SafetyBeltSafe U.S.A.

ما هو مقعد إضافي؟

المقعد الإضافي هو مقعد مصنوع للأطفال الكبار، الذين تصلح أجسامهم لمقعد سيارة إلا أنهم لا يدخلون في السنة بما فيها من الكفاية للبس حزام الأمان المخصص لشخص بالغ. فالمقعد الإضافي يرفع الطفل من مستوى الجلوس بحيث يمكن لأجزاء حزام الأمان الخاصة بالحوض والكتف كليهما أن تمر في الأماكن المناسبة لها عبر جسم الطفل.

لماذا يحتاج طفلي إلى الجلوس على مقعد إضافي؟

تسبب إصابات السيارات إلى قتل الكثير من الأطفال الذين تتراوح أعمارهم بين 4 - 8 أكثر من أي وفيات أخرى. صحيح أن أحزمة الأمان تنقذ الحياة، ولكن حزام الأمان الذي لا يتلاءم بصورة صحيحة، لن يحمي طفلك عند وقوع الإصطدام. فمقاعد الإضافية للأطفال تحل هذه المشكلة.

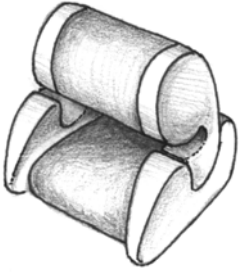
الطفل الذي يكون صغير جداً للبس حزام الأمان، قد ينزلق منه عند وقوع الإصطدام مما يؤدي إلى ضرره أو موته. علماً أن الأطفال قد يصابون بأذى بالغ في أعضائهم الداخلية بسبب ترحزح جزء الحوض لحزام الأمان وقعوده على البطن. كما أن لبس حزام الكتف تحت الذراع قد يؤدي إلى كسر الضلع؛ ووضع حزام الكتف خلف الظهر قد يؤدي إلى تحرك الطفل إلى حد بعيد جداً إلى الأمام مما يسبب الإصابة في الرأس.

لقد سنت ولايات كثيرة القوانين الخاصة بالمقعد الإضافي للأطفال. في ولاية واشنطن، يشترط القانون استخدام المقاعد الإضافية للأطفال الذين تتراوح أعمارهم بين 4 - 6 سنوات، أو تكون أوزانهم بين 40-60 باوند. علماً أن الأطباء وخبراء السلامة ينصحون بأن الأطفال يجب عليهم استخدام المقاعد الإضافية إلى أن يتلاءم لهم لبس حزام الأمان بطريقة صحيحة. وهذا يعني في كثير من الحالات عندما يكون طول الطفل 4 أقدام و9 بوصات على الأقل، وحوالي 80 باوند، وحوالي 8 سنوات من العمر.

Washington State Booster Seat Coalition

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مقعد مدرّج: لا يستحسن استخدام الجزء المدرّج من هذا المقعد إلى أمد بعيد. إذا كان من الممكن فكّ الجزء المدرّج، فانزعيه (راجعي كتيب التعليمات بهذا الشأن). ثم استخدم المقعد للأطفال مع حزام الأمان بطراز التحزيم للحضن/ الكتف للأطفال الذين تزداد أوزانهم عن 40 باوند. يعمل هذا كمقعد إضافي بدون ظهر، ويعمل هذا الأسلوب بشكل أفضل في السيارات المجهزة بمساند للرأس.

ما هو الحل إذا كانت سيارتي مجهزة بأحزمة الحضن فقط في المقعد الخلفي؟

تتوفر في الأسواق العديد من المنتجات التي يمكن أن تشتريها لتوفير الأمان لطفلك في السيارة وذلك إذا كانت أحزمة الحضن موجودة فقط في المقعد الخلفي. للاستفسار عن مثل هذه المنتجات، أو للحصول على مزيد من المعلومات، اتصل على الرقم 828-8975 (425)، أو على الرقم 1-800-BUCK-L-UP أو إذهبي إلى العنوان التالي على الانترنت: www.boosterseat.org

طفلي وهو ابن 6 سنوات، يقول لي بأنه الآن أصبح صبيّاً كبيراً، وأن لا أحد من أصدقائه يستخدم المقاعد الإضافية في سيارته. ما ينبغي عليّ أن أقول له:

أنت تعرف طفلك جيداً من الغير، ولكن سنطرح عليك بعض الأفكار المفيدة المذكورة أدناه:

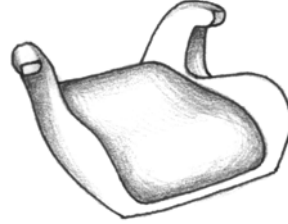
- أنه القانون
- أحبك جداً وأريد حمايتك. إن استخدام حزام الأمان لوحده لا يكفي لحمايتك.
- قد صنعت المقاعد الإضافية خاصة للأطفال الكبار مثلك.
- ستقدر الرؤية من شبك السيارة بشكل أفضل.
- المقعد الإضافي يجعل تركيب حزام الأمان بشكل أحسن كما أنه أكثر راحة.

كيف يمكنني الحصول على مزيد من المعلومات؟

- إتصلي بتألف قيود الأمان على الرقم 828-8975 (425) أو 1-800-BUCK-L-UP.
- أو قومي بزيارة موقع Washington State Booster Seat Coalition (تألف شؤون مقاعد إضافية للأطفال في ولاية واشنطن) على العنوان التالي: www.boosterseat.org

كيف أختار المقعد الإضافي المناسب لطفلي؟

تأتي المقاعد الإضافية بأنواع وطرازات كثيرة. تفحصي البطاقة لحدود الوزن وتقليدي دائماً بتوجيهات الصانعات. كما تأتي هي بأسعار متعددة ومتفاوتة. فالسعر الغالي لا يعني بالضرورة بأن المقعد أحسن أو آمن من غيره. ندرج هنا بعض التوجيهات لمساعدتك.



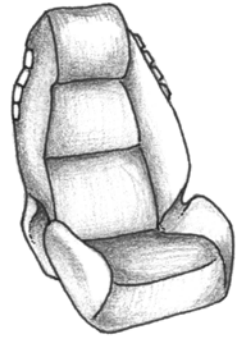
مقعد بدون ظهر: يجب أن

يستخدم مع حزام الأمان بطراز للحضن / والكتف. من الأحسن أن يكون ظهر مقعد سيارتك أو مسند الرأس فوق أذني طفلك

عندما تكون جالسة على المقعد الإضافي للأطفال. من السهل تحزيم هذا النموذج ونقله من سيارة إلى أخرى.

مقعد بظهر عال: يجب أن يستخدم مع

حزام الأمان بطراز التحزيم للحضن / والكتف. يقدم هذا النوع من الكراسي حماية ضد الارتجاج واللمعان العنيف للرقبة في السيارات التي يكون ظهر مقاعدها منخفضاً. يستخدم هذا النوع من المقاعد في السيارات المجهزة بمساند للرأس أو الخالية منها. علماً أن الظهر العالي للمقعد يدعم الطفل أثناء نومه في السيارة.



مقعد مواجه إلى الأمام ومجهز بالأحزمة:

استخدمي الأحزمة حتى يزن طفلك 40 باوند. ثم فكي الأحزمة واستخدمي المقعد الإضافي مع حزام الأمان بطراز التحزيم للحضن / الكتف. يمكن استخدام هذا النوع من المقعد الإضافي في السيارات المجهزة بمساند الرأس أو الخالية منها.



Handa na ba ang Iyong Anak sa Sinturong Pang-upuan? Isiping Muli!

Kailangang sumakay ang mga bata sa upuang pampataas (booster seat) hanggang ang sinturong pang-upuan ay ganap na umakma, kapag sila ay may taas na hindi kukulangin sa apat (4) na talampakan, siyam (9) na pulgada, mga walongpung (80) librang timbang at walong (8) taong gulang.

Ano ang Upuang Pampataas?

Ang upuang pampataas ay para sa mga batang sobra na ang laki para gumamit ng upuang pangkotse datapuwa't hindi pa sapat ang laki para gumamit ng sinturong pang-upuan ng may sapat na gulang. Ang upuang pampataas ay iniaangat ang bata upang ang mga bahaging pangkandungan at pambalikang sinturong pang-upuan ay parehong nakalapit sa mga tamang bahagi ng katawan ng bata.

Bakit Kailangang Sumakay ang Aking Anak sa isang Upuang Pampataas?

Mas maraming batang may edad na apat (4) hanggang walong (8) taong gulang ang namamatay sa pagbangga ng kotse kaysa anumang ibang bagay. Ang mga sinturong pang-upuan ay nakakapagligtas ng mga buhay, subalit ang sinturong pang-upuan na hindi wastong nakaakma ay hindi magpoprotekta sa iyong anak sa isang banggaan. **Ang upuang pampataas ang siyang lulutas sa problema.**

Sa isang banggaan, ang isang bata na napakaliit para sa sinturong pang-upuan ay maaaring dumulas palabas at masaktan ito o mamatay. Ang mga bata ay maaari ring lubhang masasaktan sa isang banggaan kapag ang bahaging pangkandungan ng sinturong pang-upuan ay nakatapat sa tiyan, kung saan maaari itong makapinsala ng mga panloob na bahagi ng katawan. Ang sinturong pambalikang nasa ilalim ng braso ay maaaring makabali ng mga tadyang, at ang paglalagay ng sinturong pambalikang sa likuran ay nagiging dahilan upang sumulong nang lubhang malayo ang bata na siyang dahilan ng pagkabagok ng ulo.

Maraming estado na ang may mga batas ukol sa upuang pampataas. Sa Estado ng Washington, ang batas ay nag-aatas ng mga upuang pampataas para sa mga batang may apat (4) hanggang anim (6) na taong gulang o may apatnapung (40) hanggang animnapung (60) librang kabigatan. Ang mga doktor at eksperto sa kaligtasan ay nagpapayo na gumamit ang mga bata ng mga upuang pampataas hanggang ganap na umakma ang sinturong pang-upuan. Sa maraming kaso, ito ay kapag sila ay may taas na 4'9" na o higit, mga walongpung (80) libra ang timbang at humigit-kumulang sa walong (8) taong gulang.



Kailan Dapat Gumamit ng Upuang Pampataas ang Aking Anak?

Simulan ang paggamit ng upuang pampataas kapag ang iyong anak ay:

- Sobra na ang laki para sa nakaharap na upuang pangkotse na may pansingkaw. Ito ay nangyayari kapag ang kanyang mga balikat ay nasa ibabaw na ng pinakamataas na hanay ng mga butas ng sintas o;
- May timbang na apatnapung (40) libra.

Patuloy na gamitin ang upuang pampataas hanggang umakma ang sinturong pang-upuan gaya ng dapat.

Paano Ko Malalaman Kapag Akma na sa Aking Anak ang Sinturong Pang-upuan?

Upang malaman kung handa na ang iyong anak para sa sinturong pang-upuan, subukin itong **limang (5) hakbang na iksamen:***

1. Makakaupo ba ang iyong anak nang nakasagad ang likod sa upuan ng awto?
2. Madali bang nababaluktot ng iyong anak ang mga tuhod sa gilid ng upuan nang hindi yumuyukod?
3. Ang sinturong pangkandungan ba ay nakalapit sa pang-itaas ng mga hita at hindi sa tiyan?
4. Ang sinturong pambalikang ba ay nakalagay pahalang sa gitna ng balikat at dibdib?
5. Makakaupo ba ng ganito ang iyong anak sa buong biyahe?

Kung "hindi" ang sagot mo sa alinman sa mga tanong na ito, o inilalagay ng iyong anak ang sinturong pambalikang sa ilalim ng braso o sa likuran, kailangan ang upuang pampataas para sa mabuting pag-aakma ng sinturong pang-upuan.

*Ginamit nang may pahintulot mula sa SafetyBeltSafe U.S.A.

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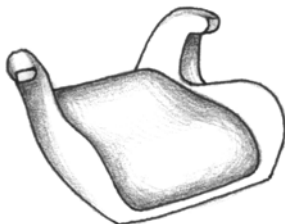
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Paano Ako Makakapili ng Tamang Upuang Pampataas?

Maraming uri at istilo ng upuang pampataas. Tingnan ang etiketa para sa mga limitasyon sa timbang at laging sundin ang mga patnubay ng tagagawa. May iba-ibang presyo ang mga upuang pampataas. Ang mas mataas na presyo ay hindi nangangahulugan mas higit o ligtas na upuang pampataas. Narito ang ilang patnubay na makakatulong sa iyo.

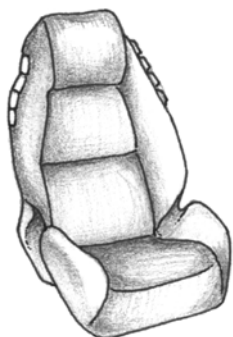
Walang-likod na pampataas:

Dapat gamitin sa sinturong pang-upuan na istilong pangkandungan/pambalikat. Pinakamabuti ito kung ang iyong likurang upuang pangkotse o patungan ng ulo ay nasa ibabaw ng tainga ng iyong anak kapag siya ay nakaupo sa upuang pampataas. Ang modelong ito ay madaling buhatin at ilipat sa mga kotse.



Mataas-ang-likod na

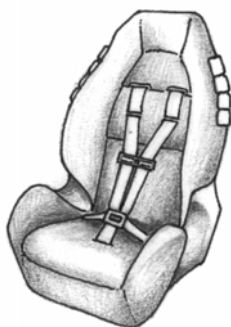
pampataas: Dapat gamitin sa sinturong pang-upuan na istilong pangkandungan/pambalikat. Ang mataas-ang-likod na pampataas ay nagpoprotekta laban sa biglang pagsalpok sa mga kotseng mababa ang mga likod ng upuan. Maaring gamitin ito sa mga kotseng merong o walang patungan ng ulo. Ang mataas na likod ay sumusuporta rin sa batang natutulog.



Nakaharap na upuang may pansingkaw:

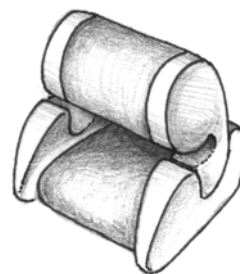
Gamitin ang pansingkaw hanggang ang iyong anak ay may timbang na apatnapung (40) libra. At saka, tanggalin ang pansingkaw at gamitin ang upuang pampataas na istilong pangkandungan/pambalikat.

Ang upuang pampataas na ito ay magagamit sa mga kotse na may patungan o walang patungan ng ulo.



Pananggang pampataas:

Ang paggamit ng pananggang bahagi ng pampataas na ito ay hindi na ipinapayo. Kapag natanggal ang panangga, tanggalin ito (tingnan ang libro ng tagubilin). At saka gamitin ang upuang pampataas na istilong pangkandungan/ pambalikat para sa mga batang may higit na apatnapung (40) libra. Ito ay gumaganap na parang walang-likod na pampataas. Ang istilong ito ay pinakamahusay sa mga kotse na may mga patungan ng ulo.



Paano kung ang Aking Kotse ay May mga Sinturong Pangkandungan Lamang sa Upuan sa Likuran?

Marami kang mabibiling produkto upang tulungang mapabuti ang kaligtasan ng iyong anak sa kotse kung mga sinturong pangkandungan lamang ang nasa upuan sa likuran. Upang makakuha ng iba pang impormasyon, tumawag sa (425) 828-8975, 1-800-BUCK-L-UP, o bisitahin ang www.boosterseat.org.

Sabi ng Aking 6-na-Taong-Gulang na Lalaki ay Malaki na Siya at Hindi Gumagamit ng Upuang Pampataas ang Kanyang mga Kaibigan. Ano ang Dapat Kong Sabihin sa Kanya?

Ikaw ang higit na nakakakilala sa iyong anak, pero narito ang ilang idea:

- Ito ay batas.
- Mahal kita at gusto kitang protektahan. Hindi sapat ang sinturong pang-upuan lang.
- Ang mga upuang pampataas ay ginawa para sa mas malalaking batang katulad mo.
- Mas makikita mo ng mabuti ang mga nasa labas ng bintana.
- Ang upuang pampataas ay lalong aakma sa sinturong pang-upuan at mas komportable ito.

Saan Ako Makakakuha ng Iba pang Impormasyon?

- Tawagan ang Safety Restraint Coalition sa (425) 828-8975 o 1-800-BUCK-L-UP.
- O bisitahin ang Web site ng Washington State Booster Seat Coalition sa www.boosterseat.org.

Information from: National Highway Traffic Safety Administration, SafetyBeltSafe U.S.A., Safe Ride News Publications, Safety Restraint Coalition.

아이가 안전 벨트를 맬 준비가 되었나요? 다시 생각해 보세요!

안전 벨트가 몸에 맞지 않는 어린이를 비롯하여 키가 140 cm 이하, 몸무게가 36 kg 이하, 8 살 이하의 어린이는 보조 좌석을 사용해야 합니다.



보조 좌석이란 무엇입니까?

보조 좌석은 어른용 안전 벨트를 사용하기에는 너무 작고 유아용 보조 좌석을 사용하기에는 너무 큰 아이들을 위한 것입니다. 보조 좌석은 아이의 앉은 높이를 조절하여 안전 벨트가 올바른 위치에 올 수 있도록 해 줍니다.

자동차에서 왜 우리 아이가 보조 좌석에 앉아야 하나요?

자동차 사고는 4 살과 8 살 사이 아이들의 가장 큰 사망 원인입니다. 안전 벨트는 생명을 구하지만, 정확히 맞지 않는 안전 벨트를 사용하면 사고 시 당신의 아이를 보호하지 못합니다. **보조 좌석이 바로 이러한 문제를 해결해 줍니다.**

사고가 날 경우 안전 벨트가 맞지 않는 작은 아이들은 미끄러져 나와 다치거나 사망할 수 있습니다. 또한 무릎 위에 있어야 하는 안전 벨트가 배쪽으로 올라와 있으면 사고 시 내장 파열 등의 심각한 부상을 입을 수 있습니다. 어깨 띠가 팔 아래쪽에 있으면 사고 시 갈비뼈가 다칠 수 있으며 어깨 띠를 등 뒤로 하면 앞으로 튕겨나가 머리를 다칠 수 있습니다.

미국의 많은 주에서는 보조 좌석의 사용을 법으로 규정하고 있습니다. 워싱턴 주에서는 4 살에서 6 살 사이의 아이나 18 kg 에서 27 kg 사이의 아이에 대해서는 보조 좌석을 사용할 것을 법으로 규정하고 있습니다. 의사들과 안전 전문가들은 안전 벨트가 아이들에게 정확하게 맞을 때까지는 보조 좌석을 사용할 것을 권장합니다. 보통 이러한 아이들은 키가 140 cm 이하, 몸무게가 36 kg 이하 또는 8 세 이하입니다.

언제 우리 아이가 보조 좌석을 사용해야 하나요?

다음과 같은 경우 보조 좌석을 사용하십시오.

- 앞을 향하는 좌석 벨트가 작아질 만큼 성장한 경우, 이 때 아이의 어깨가 위쪽 고리쇠의 위에 오게 됩니다.
- 몸무게가 18 kg 이 된 경우 안전 벨트가 맞을 때까지 계속 보조 좌석을 사용하십시오.

아이에게 안전 벨트가 맞는 시기를 어떻게 알 수 있습니까?

안전 벨트가 아이에게 맞는지 알려면 다음 다섯 가지 테스트를 해 보십시오.*

1. 아이가 자동차 좌석 뒤로 완전히 붙어서 앉을 수 있습니까?
2. 아이의 무릎이 자동차 좌석 끝에 걸쳐지지 않고 편하게 내려옵니까?
3. 무릎 띠가 배가 아닌 허벅지 위에 달라 붙습니까?
4. 어깨 띠가 어깨와 가슴을 가로지릅니까?
5. 운전하는 동안 내내 아이가 위와 같은 상태로 앉아 있을 수 있습니까?

위 질문 중 하나에 “아니오”라고 답한 경우 또는 아이가 팔 아래나 등 뒤로 어깨 띠를 한다면 안전 벨트가 제 역할을 할 수 있도록 보조 좌석을 사용해야 합니다.

* 본 테스트는 SafetyBeltSafe U.S.A.로부터 승인을 받음

Washington State Booster Seat Coalition

www.boosterseat.org

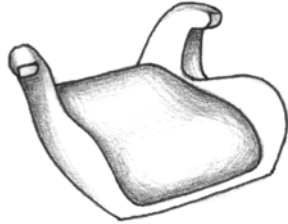
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올바른 보조 좌석은 어떻게 고릅니까?

보조 좌석에는 다양한 형태와 스타일이 있습니다. 항상 라벨에 적힌 무게 제한과 제조자의 지시 사항을 따르십시오. 보조 좌석의 가격은 다양하며 꼭 비싸다고 해서 좋거나 안전한 것은 아닙니다. 다음은 몇 가지 도움이 되는 지침입니다.

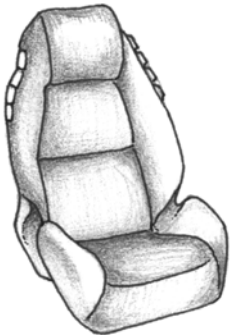
등받이 없는 보조

좌석: 무릎/어깨에 매는 띠를 사용해야 합니다. 아이가 보조 좌석에 앉을 때 자동차 좌석 등받이나 머리 받침이 아이의 귀 위로 오도록 하는 것이 좋습니다. 이 모델은 치우기기 쉽고 자동차간에 옮기기가 쉽습니다.



등받이가 높은 보조

좌석: 무릎/어깨에 매는 띠를 사용해야 합니다. 등받이가 낮은 자동차에서 등받이가 높은 보조 좌석을 사용하면 충격으로부터 보호할 수 있습니다. 이것은 자동차에 머리 받침이 있는지 여부에 무관하게 사용할 수 있습니다. 또한

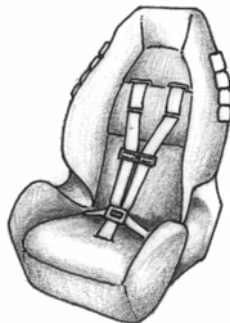


높은 등받이 보조 좌석을 사용하면 아이가 잠을 잘 때도 안전합니다.

띠가 부착된 앞을 향하는

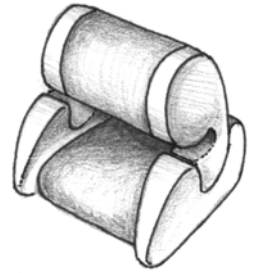
좌석:

아이의 몸무게가 18 kg 미만일 때는 띠를 사용하십시오. 18 kg 이 넘으면 띠를 사용하지 마시고 무릎/어깨 띠 형태의 보조 좌석 벨트를 사용하십시오. 이 보조 좌석은 자동차에 머리 받침이 있는지 여부에 무관하게 사용할 수 있습니다.



차폐형 보조 좌석:

차폐형 보조 좌석 사용은 더 이상 권장하지 않습니다. 앞 막이의 분리가 가능하면 떼어 내십시오(설명서 참조). 몸무게가 18 kg 이 넘는 아이에게는 무릎/어깨 띠를 사용하는 보조 좌석을 사용하십시오. 등받이 없는 보조 좌석과 사용법이 동일합니다. 이것은 머리 받침이 없는 자동차에 적합합니다.



자동차 뒷자석에 무릎 띠만 있으면 어떻게 합니까?

아이들의 안전을 위해, 뒷자석에 무릎 띠만 있는 자동차용 제품이 시중에 많이 나와 있습니다. 자세한 정보가 필요하시면 (425) 828-8975 번이나 1-800-BUCK-L-UP번으로 전화를 주시거나 www.boosterseat.org 를 방문하십시오.

여섯살 난 아이가 자기는 다 컸고 친구들은 아무도 보조 좌석에 앉지 않는다고 고집을 부립니다. 어떻게 설득해야 할까요?

귀하께서 아이를 가장 잘 아시겠지만 여기에 몇 가지 방법을 소개합니다.

- 이것은 나라에서 정한 법이란다.
- 너를 사랑하기 때문에 보호하고 싶단다. 안전 벨트만으로는 충분하지 않아요.
- 보조 좌석은 너처럼 큰 아이들을 위해 특별히 만든 것이란다.
- 창 밖을 더 잘 볼 수 있잖니.
- 보조 좌석을 사용해야 안전 벨트가 잘 맞고, 또 더 편안하단다.

추가 정보가 필요한 경우

- (425) 828-8975 또는 1-800-BUCK-L-UP 번의 Safety Restraint Coalition 에 문의하십시오.
- 또는 Washington State Booster Seat Coalition 웹 사이트 www.boosterseat.org 를 방문하십시오.

Daa'imni kee Qabatto Barcumaaf Qophiidha? Ammas Itti Yaadi!

Daa'imman hamma qabattoon barchummaa sirritti itti tahutti barcuma booster ja'amu keessa taa'u qabu, yeroo isaan xiqaa dheerinaan fiiti 4, inchii 9, fi toora pawandi 80 tahanu.



Barcumni booster ja'amu maali?

Barcumni booster kuni daa'imman gurguddoo kanneen barcuma konkolaata irraa guddattani, garuu qabattoo namootni gurguddaan dhimma itti bahan hin gehiniif kan hojjatamu. Barcumni kuniis konkolaataa keessatti akka qabattoon konkolaataa qaama daa'ima irra maruub akkaataa sirri taheen kan qabu.

Daa'imni kiyya barcuma booster kana irraa taa'uun maaliif barbaachise?

Gaaga'amni konkolaataa waa hunda caalatti kan daa'imman ganna 4 hamma 8 tahan ajjeessu. Qabattoon barcuma lubbu hanbisa, qabattoon sirritti hin qabne garuu yeroo gaaga'ama konkolaataa daa'ima kee balaa irraa hin hanqisu. Barcumni **Booster kuni dhibdee kanaaf furmaata.**

Daa'imman qabattoo barcuma konkolaataaf xiqqaa tahan, yeroo gaaga'ama mcucaatani bahuu fi gaaga'amu ykn du'uu ni dandayu. Irra tarees daa'imman yeroo qabattoon barcuma garaa irraa taa'u heddu hubamu, kuniis hubamiinsa qaama keessaa fida. Qabattoon laphee fi qonyee irra maruu qaba. Yoo bobaa jalatti hidhame lafee cinaachaa cabsa, fi qabattoon qonyee kuni dudda duubatti yoo dabarfame akka daa'imni duratti fageenyaan sochoo'u waan godhuuf dhahamiinsa mataa fidha.

Kutaaleen ykn State hedduun yeroo ammaa heera barcuma booster qabu. Washington State keessatti, heerri kuni daa'imman ganna 4 hamma 6 ykn pawandi 40 hamma 60 tahan akka dhimma itti bahan ajaja. Doktoronni fi hayyoonni fayyaa fi naggummaa hamma qabattoon konkolaata sirritti itti tahutti barcuma booster dhan akka dhimma bahamu gorsu. Haala hedduutti gorsi kuni daa'imman dheerinaan xiqaa 4' 9", pawandi 80 fi hamma ganna 8 tahanifi.

Daa'imni kiyya yoom barcuma booster kanatti dhimma baha?

Daa'ima keetiif barcuma booster kanaan kan dhimma itti bahuu jalqabdu:

- Yeroo barcuma konkolaataa kan fuldura kaayyamu irraa guddate. Kuni kan tahu yeroo qonyeen qabattoo barcuma irra dabre ykn;
- Pawandi 40 ulfaate.

Hamma qabattoon itti tahetti barcuma booster kantti dhimma bahuu itti fufi.

Akka qabattoon barcuma kuni daa'ima kiyyatti tahu akkamitiin beeka?

Akka daa'imni kee qabattoo barcuma konkolaataaf qophii tahe beekuuf, qabxilee **5 - ijjibaataa** armaan gadi kana ilaali: *

1. Daa'imni kee barcuma konkolaata keessa ykn irra hamma duubaatti taa'aa?
2. Barcuma konkolaataa irraa jilbi fiinxaa barcumaan wal qixxaate bu'aa osoo hin rarra'in?
3. Qabattoon gadii sarbaa irra akka gaaritti soso'insa maleen taa'a, garaa gubbaa osoo hin tahiin?
4. Qabattoon qonyee walakkaa qonyee fi laphee irra dhufaa?
5. Daa'imni kee akkanaa amna guutuuf taa'a?

Yoo deebisaan gaaffi kanneen tokkof ille "lakki" tahe, ykn daa'imni kee qabattoo qonyee bobaa jala ykn duudda duuba kan kaayu tahe, barcumni booster kuni akka qabattoon sirritti itti tahuuf barbaachisaa dha.

*Hayyama SafetyBeltSafe U.S.A.n dhaan dhimma itti bahame.

Washington State Booster Seat Coalition

www.boosterseat.org

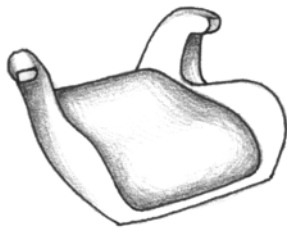
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Akkamiin barcuma booster kan sirrii tahe filadha?

Barcumni booster kuni bifa/aynaa fi tolchaa adda addaan dhufa. Ulfina inni teessisuuf xalayaa waliin dhufu ilaali yeroo hunda qajeelfama warshaa hordofi. Barcumni booster kuni gatii adda addaa qaba. Gatiin heddummaateef barcuma wayyaa dha ykn nagaaf gaaridha jachuun hin dandayamu. Sigargaaruuf tartiiba tokko tokko akka armaan gaditti ilaali.

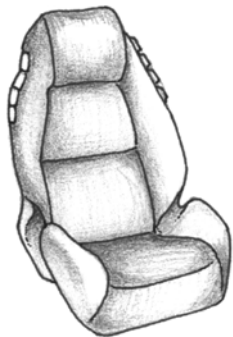
Booster duuyda – hin qabne:

Kuni qabatto sarbaa fi qonyeen kan dhimma itti bahamu. Yoo daa'imni keessa taa'u barcumni konkolaata keeti ykn irkannoon mataa gurra daa'ima keetiin ol yoo tahe irra filatama. Aynaan kuni ol kaasu fi konkolaata tokko irraa tokkotti jijjiiruuf salphaadha.



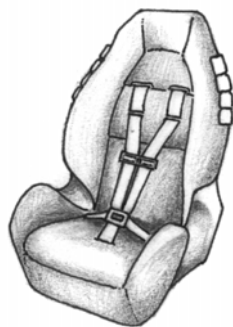
Booster duuydaan – ol ka'aa:

Kuni qabattoo gubbaa fi qonyeen dhimma itti bahamu qaba. Barcumni duuydaan ol ka'aa kuni konkolaataa barcuma duuydaa xiqaa qabu keessatti wareera mataa hanqisa. Konkolaataa irkanno mataa qabuu fi hin qabne keessatti illee dhimma itti bahuun ni dandayama.

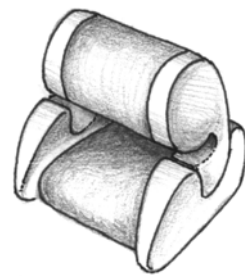


Barcuma duuydaan olka'aa kan lugaama qabu:

Hamma daa'imni kee pawandi 40 guututti lugaamatti dhimma bahi. Sana booda, luugaama irraa baasiiti kan sarbaa/qonyee dhatti dhimma bahi. Barcuma Booster kana konkolaataa irkannoo mataa qabuu fi hin qabne keessatti dhimma bahamu ni dandayama.



Booster qonyee: Qaama dahoo barcuma kanatti qofa dhimma bahuun gorfamaa miti. Yoo dahoon irraa bahe, irraa baasi, (kitaaba qajeelfamaa dubbisiis). Sana booda barcuma booster sana qabatto sarbaa fi qonyeen hidhi. Daa'ima lfinni ykn mizaanni pawandi 40 ol taheef, konkolaataan irkanno mataa qabu waliin akka gaaritti hojjata.



Yoo konkolaataan kiyya qabatto sarbaa qofa duubaa qabaate yoo?

Nagummaa daa'ima keeti wayyeesuuf meeshaan itti bituu dandeessu hedduutu jira yoo qabatto sarbaa qofa barcuma duubaa irraa qabaate. Waa'ee kanaa caalatti barachuuf, ykn odeeffanno caalaaf, bilbili (425) 828-8975, 1-800-BUCK-L-UP, ykn www.boosterseat.org. website jadhamu dhaqii ilaali.

Daa'imni kiyya kan ganna 6 gudadhe hiriyyoonni kiyya tokkolleen barcuma booster kana hin qaban ja'a. Maalan itti hima?

Daa'ima kee situ sirritti beeka, garuu yaadni tokko tokko kunooti:

- Heera
- Siin jaaladha kanaafan eegganno siif godha. Qabattoon barcuma konkolaata qoftiin gehaamiti.
- Barcumni Booster kuni daa'imman gurguddoof tolfame.
- Daran foddan waa ilaalu dandeessa.
- Barcumni booster kuni qabattoon barcuma akka sirritti si qabu gargaaraa fi irra tola ykn sadoon taa'u dandeessa.

Odeeffanno caalatti eessaan argadha?

- Warra Safety Restraint Coalition ja'amaniif bilbilchi. Lakkoofsi isaani (425) 828-8975 ykn 1-800-BUCK-L-UP.
- Ykn website Washington State Booster Seat Coalition dhaqi ilaali www.boosterseat.org.

ልጄዎ የመኪና ቀበቶ ለመታጠቅ እድሜው ይፈቅድለታል/ ይፈቅድላታል? ግንዛቤው ይኑርዎት!

ህፃናት ቁመታቸው 4 ፊት ከ9 ኢንች፤ ክብደታቸው ወደ 80 ፓውንድ አካባቢና እድሜያቸው ደግሞ 8 አመት እስከ ሚሆናቸው ድረስ በመኪና ሲጓዙ ከፍ አድርጎ በሚይዝ መቀመጫ ማለትም በቡስተር ሲት መጠቀም ይኖርባቸዋል።



ከፍ አድርጎ የሚይዝ መቀመጫ ወይም ቡስተርሲት ምንድን ነው?

ቡስተር ሲት የተሰራው ከፍ ላሉ ልጆች ሲሆን፤ ባንድ በኩል የህፃን መቀመጫ/ካር ሲት ለሚጠባቸው በሌላ በኩል ደግሞ የአዋቂ መቀመጫ ቀበቶ ገና ለሚሰፋባቸው ማለት ነው። ቡስተር ሲት ግን ከፍ አድርጎ በማስቀመጡም ክንያት የማሰርያ ቀበቶው የህፃንን ጭንፍ ትከሻ በትክክለኛው ቦታ አቅፎ እንዲይዝ ለማድረግ ይረዳል።

ልጄ በመኪና ሲጓዝ/ስትጓዝ ለምን የቡስተር ሲት ያስፈልገዋል/ያስፈልጋታል?

ከሌሎች አደጋዎች ሁሉ ይበልጥ፤ እድሜያቸው በ4 እና በ8 ዓመት መካከል የሚገኙ ህፃናት በመኪና አደጋ ህይወታቸው ያልፋል። የመኪና መቀመጫ ቀበቶ ህይወት ያተርፋል፤ ለልጅዎ ልክ ያልሆነ ቀበቶ ግን ልጅዎን በአደጋ ጊዜ አያድንልዎትም። ስለዚህ ቡስተር ሲት በአደጋ ጊዜ መፍትሄ ነው።

ህፃኑ አናሳ ከሆነና የመቀመጫው ቀበቶ ሰፊ ከሆነ በአደጋ ጊዜ ህፃኑ ተንሸራቶ በመውጣት ሊጎዳ ወይም ሊሞት ይችላል። በጭን አግድሞሽ መሆን ያለበት ቀበቶ ሆድ ላይ ከታሰረ፤ በአደጋ ጊዜ ውስጣዊ የአካል ጉዳት ሊያደርስ ይችላል። በትከሻ በኩል ወደታች የሚወርደውን ቀበቶ ካለአግባብ ከእጅ በስተጀርባ ከሆነ የልጁ ጎድን ሊሰበር ይችላል ወይም በስተጀርባ በኩል ከሆነ ደግሞ ህፃኑ ወደፊት ተወርውሮ የጭንቅላት ግጭት አደጋ ሊደርስበት ይችላል።

ብዙ ሰቱቶች የቡስተር ሲት ህጎች አሉዋቸው። የዋሽንግተን ስቴት ህግ፤ እድሜያቸው ከ4 እስከ 8 ዓመት ለሆኑ፤ ከ40 እስከ 60 ፓውንድ ክብደት ላላቸው ህፃናት ቡስተር ሲት እንዲጠቀሙ ያዛል። እንደ ሃኪሞችና ሌሎች ኤክስፐርቶች ምክር፤ ከሞላ ጎደል የ4 ፊትከ9 ኢንች ርዝመት፤ የ80 ፓውንድ ክብደትና የ8 ዓመት እድሜ እስኪሞላቸው ድረስ ቡስተር ሲት በጣም አስፈላጊ ነው ይላሉ።

ከመቶ ጀምሮ ነው የኔ ልጄ ቡስተር ሲት የሚያስፈልገው/ኃት?

የሚከተሉት ሁኔታዎች ሲከሰቱ ልጅዎ ቡስተር ሲት እንዲጠቀም/እንድትጠቀም ያድርጉ።

- ህፃኑ በቁመት እያደገ ሲሄድ በተለይ የትከሻ ማሰሪያዎቹ እየተጣበቡና የህፃኑ ትከሻ አድጎ የህፃን መቀመጫው/ካር ሲት ማሰሪያዎችን በልጦ ሲሄድ ወይም
 - የልጁ ክብደት 40 ፓውንድ ሲሆን።
- ልጅዎ የመቀመጫ ቀበቶ መጠቀም እስከሚችል/እስከምትችል ድረስ የቡስተር ሲቱን ይጠቀሙ።

የመኪና መቀመጫ ቀበቶ ለልጄ ተስማሚ መሆኑን መቼና እንዴት አውቃለሁ?

ልጅዎ የመቀመጫ ቀበቶ ለመጠቀም መብቃቱን/ቷን ለማወቅ የሚቀጠሉትን 5 ነጥቦች በውል ያገናኙ።

1. ልጅዎ ከመኪናው ወንበር ላይ እስከ የጀርባው መደገ ፋያ ድረስ በመጠጋት መቀመጥ ይችላል/ትችላለች?
2. የልጅዎ ጉልበቶች ካለምንም ችግር ከመቀመጫው ጠርዝ ላይ ወደ ታች በምችት ታጥፈዋል?
3. በጭን አግድሞሽ ያለው ቀበቶ በምችት ይቆላል? እንዲሁም የአግድሞሹ ቀበቶ ሆድ ላይ አይደርስም?
4. የትከሻው ቀበቶ ትከሻንና ደረትን በመሃከል በኩል አቋርጦ ወደታች ይወርዳል?
5. ልጅዎ በዚህ ሁኔታ ተቀምጦ ጠቅላላውን ጉዞ ካለምን ም ችግር ለመጓዝ ይችላል?

ከእነዚህ ጥያቄዎች መካከል ለአንድ ጥያቄ እንኳን የአሉታ መለስ ከሰጡ ወይም ልጅዎ እጁን ከትከሻ ቀበቶው ካወጣው ወይም የትከሻ ቀበቶውን ወደ ጀርባው ካዘረው፤ ለልጅዎ የቡስተር ሲት ያስፈልገዋል/ታል።

*በSafetyBeltSafe U.S.A. ፈቃድ መሰረት የተጠቀሰ።

Washington State Booster Seat Coalition

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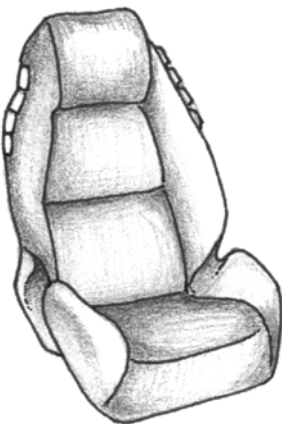
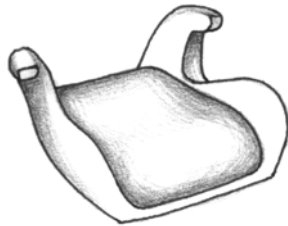


A-LM

እንዴት ነው ትክክለኛውን ቡስተር ሲት ለመምረጥ የምችለው?

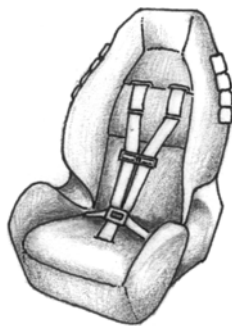
በአይነትም ሆነ በስታይል የተለያዩ ቡስተር ሲትስ ይገኛሉ። ምን ያህል የክብደት ሽክም እንደሚችል ያጣሩ፤ ምንጊዜም የአምራቹን የአጠቃቀም መመሪያ ይከተሉ። ቡስተር ሲትስ በተለያዩ የዋጋ ደረጃዎች ይገኛሉ። ውድ የሆነ ቡስተር ሲት የተሻለና አስተማማኝ ነው። ማለት አይደለም። እነሆ ሊረዱዎ የሚችሉ መመሪያዎች ዝቅብለው ተጠቅሰዋል።

መደገፊያ አለባ ቡስተር፤ ከጭንና ከትከሻ የመቀመጫ ቀበቶ ጋር መጠቀም አለብዎት። ልጅዎ ቡስተር ሲት ላይ ሲቀመጥ/ስትቀመጥ፤ የመኪናዎ መቀመጫ የጀርባ መደገፊያ ወይም የአንገት መደገፊያ፤ ከልጅዎ ጀርዎች የከፍታ መጠን ብልጫ እንዲኖረው ይሁን። ይሄን ሞዴል ከመኪና ወደ መኪና እያዘዋወሩ ለመጠቀም ቀላል ነው።

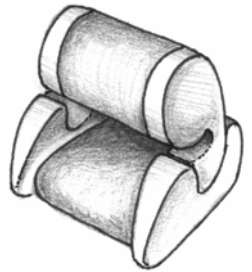


ከፍ ያለ የጨላ መደገፊያ ያለው ቡስተር/ሃይ ባክ ቡስተር፤ የጭንና የትከሻ የመቀመጫ ቀበቶ ጋር መጠቀም አለብዎት። የመኪና መቀመጫው የጀርባ መደገፊያ ዝቅ ያለ እንደሆነ፤ ሃይ ባክ ቡስተር በአንገትና በጭንቀት ላይ ከሚደርስ ጉዳት ያድናል። የራስ መደገፊያ ባላቸውና በሌላቸው መኪናዎች ውስጥ መጠቀም ይቻላል።

ወደፊት ተመልካች ባለቀበቶ መቀመጫ፤ የልጅዎ የከበደት ሚዛን 40 ፓውንድ እስከሚሆን ድረስ ቀበቶውን ይጠቀሙበት። ከዛብጨላ ይህንን ቀበቶ ነቅለው የጭንና የትከሻ የመቀመጫ ቀበቶ ያስገቡበት። ይህን ቡስተር ሲት የራስ መደገፊያ ባላቸውና በሌላቸው መኪናዎች ውስጥ መጠቀም ይቻላል።



ባለ ወደፊት መደገፊያ ቡስተር/ጂልድ ቡስተር፤ የዚህን የቡስ ተራን መደገፊያ እንዳይጠቀሙ ይመከራሉ። መደገፊያው የሚነቀል ከሆነ ይንቀሉት (ለዚህም የአጠቃቀም መመሪያውን ይመልከቱ)። ከዛብጨላ የጭንና የትከሻ የመቀመጫ ቀበቶ በመግጠም ከ40 በላይ ለሆነው ልጅዎ መጠቀም ይችላሉ። እንደ መደገፊያ አልባ ቡስተር ያገለግላል። ይሄ ይነቱ መቀመጫ አስተማማኝ አገልግሎት ሲሰጥ የሚችለው የራስ መደገፊያ ባላቸው መኪናዎች ውስጥ ብቻ ነው።



የመኪናዬ የኋላ መቀመጫ የጭን ቀበቶ ብቻ ቢኖረው ምን ማድረግ እችላለሁ?

የጨላ መቀመጫው የጭን ቀበቶ ብቻ ስላለውና በዚህም ምክንያት የልጅዎን ደህንነት ለማስተማመን ቂከፊለት የተለያዩ አይነት ፕሮዳክትስ ገበያ ላይ ይገኛል፤ በዚህ ጉዳይ ይበልጥ ኢንፎርሜሽን ለማግኘት እዚህ በተጠቀሱት የስልክ ቁጥሮች ደውለው ይጠይቁ (425) 828-8975, 1-800-BUCK-L-UP, ወይም ይሄን የዌብ ሳይት አድራሻችንን ይጎብኙ፤ www.boosterseat.org.

የስድስት ዓመት ልጄ እንዲህ አለኝ፤ እኔ አሁንትልቅ ልጄ ስለሆንኩኝ ቡስተር ሲት አያስፈልገኝም በዚህ ላይ ደግሞ ጓደኞቼ ሁሉ ቡስተር ሲት አይጠቀሙም። ምን ልበለው?

ልጅዎን ይበልጥ የሚያውቁት አስዎ ነዎት ይሁንና እንዳንድ ሃሳቦች ይሄውልዎ፤

- ይሄ የሀገሩ ህግ ነው።
- እወድሃለሁ እና በህይወትህ ልይ ምንም ዓይነት አደጋ እንዲደርስብህ አልፈልገም።
- ቡስተር ሲት የተሰራው ልክ ለአንተ ዓይነት ላደጉ ልጆች ነው።
- ቡስተር ሲት ላይ ከተቀመጠክ ጥሩ አድርገህ በመስኮት በኩል ልታይ ትችላለህ።
- ቡስተር ሲት የመቀመጫ ቀበቶውን በልክህ እንዲሰማሃ ያረግልሃል ለምሽትህም ጥሩ ነው።

ይበልጥ ኢንፎርሜሽን የት ላገኝ እችላለሁ?

- የSafety Restraint Coalition ስልክ ቁጥር (425) 828-8975 or 1-800-BUCK-L-UP.
- ወይም Washington State Booster Seat Coalition የዌብ ሳይት አድራሻችንን ይጎብኙ፤ www.boosterseat.org.

ውላድካ ንሲት ቤልት ድሉው ድዩ? እንደገና ሕሰብ?

ቀለወዕ፣ ሲት ቤልት ክሳብ ብጉቡእ ዝኣክኸሎም፣ ማለት፣ ብውሑዱ 4 ፊት፣ 9 ኢንች ቁመት፣ ከባቢ 80 ፓውንድን ደቂ 8 ዓመት ክሳብ ዝኸኸውን፣ ኣብ ቡስተር ሲት ኮፍ ክብሉ ኣለዎም።



ቡስተር ሲት እንታይ እዩ?
ቡስተር ሲት ዕብይ ንዝበሉ ቀለወዕ፣ ካር ሲት ዝነኣሶም ግናኽ ዓበይቲ ንዝገብሩም ሲት ቤልት ክገብሩ ገና ንዘይኸኸሉ ዝሰራሕ እዩ። ቡስተር ሲት፣ ነቲ ቆልዓ ክብ ብምባል፣ እቲ ሲት ቤልት ቦቲ ጉቡእ ቦታታት ናይ ኣሰላፉን መንኰቡን ከምዝሓልፍ ይገብር።

ውላደይ ስለምንታይ ኣብ ቡስተር ሲት ኮፍ ምባል የድልዮ?
ናይ ማኪና ሓደጋታት፣ ካብ ኩሉ ንላዕሊ ዕድሚኦም 4 ክሳብ 8 ዓመት ንዝኸኸኑ ቆልዑ ይቀትል። ሲት ቤልት ህይወት የድሕን እዩ። ግናኽ ብግቡእ እንተዘይትግጥቀ ሲት ቤልት፣ ኣብ እዋን ሓደጋ ንውላድካ ኣየድሕኖን እዩ። ቡስተር ሲት ናይዚ መፍትሒ እዩ።

ኣብ እዋን ሓደጋ፣ ሲት ቤልት ብጉቡእ ንኸዕጠቕ ዘይከኣለ፣ ንእሽቶይ ቆልዓ ካብቲ ሲት ቤልት ኪሞሉቕን ክጉዳእ ወይ ክመውት ይክኸእል እዩ። ኣብ እዋን ሓደጋ፣ ኣብቲ ኸባቢ ሰለፍ ዘሎ ክፍሊ ናይ ሲት ቤልት፣ ኣብ ከብዶም ኮፍ ምስበለ፣ ውሽጣዊ ኣካላት ብምህሳይ ነቶም ቀለወዕ ክሃስዮም ይክኸእል እዩ። ብመንኩስ ዝሓልፍ ቤልት ወይ መዕጠቓ፣ ብትሕቲ ቅልጽሞም እንተ ተዓጢቑም፣ ንመሰንገለኦም ክሰብር ይክኸእል። ነቲ ብመንኩስ ዝሓልፍ ቤልት ወይ መዕጠቓ፣ ብድሕሪ ሕቕኦም እንተ ተዓጢቑም፣ ናብ ቅድሚት ተደፊኦም ንክኸዱን ናይ ርእሲ ማህረምቲ ከምዝርረክኹ ይገብሮም።

ዝበዝሐ ስቴይታት ናይ ቡስተር ሲት ሕግታት ኣመሓላፊን ኣለዎ። ኣብ ዋሺንግተን ስቴይት፣ ዕድሚኦም ካብ 4 ክሳብ 6 ዓመት ወይ ካብ 40 ክሳብ 60 ፓውንድ ዝኸኸኑ ቆልዑ፣ ቡስተር ሲት ክገብሩ እቲ ሕጊ የገድዶም። ሓካይምን ናይ ደህንነት ክኢላታት፣ ቀለወዕ ክሳብ ነቲ ሲት ቤልት ብጉቡእ ክዕጠቁ ዝኸኸሉ፣ ቡስተር ሲት ንኸገብሩ ይምዕዱ። ኣብ ዝበዝሐ እዋናት፣ ቁመቶም 4'9"፣ ኣብ ከባቢ 80 ፓውንድን ዕድሚኦም ኣብ ከባቢ 8 ዓመት እዩ።

ውላደይ መዓስ ናይ ቡስተር ሲት ክጥቀም ኣለዕ?
ውላድካ ናይ ቡስተር ሲት ምጥቃም ክጅምር ኣለዎ፤

- እቲ መዕጠቓ ዘለዎ፣ ናብ ቅድሚት ዝጥምት ካር ሲት ክጸቦ ምስ ዝጅምር። እዚ ዝኸኸውን፣ መንኰብ ናይቲ ቆልዓ ካብቲ ናይ መዕጠቓ ንኺል ንላዕሊ እንተግብዩ ወይ፣
- ሚዛኑ 40 ፓውንድ እንተኸይኑ።

ክሳብ ሲት ቤልት ብጉቡእ ምዕጣቕ ዝኸኸለ፣ ነቲ ቡስተር ሲት ምጥቃም ቀጽል።

እቲ ሲት ቤልት ንውሉደይ ከምዝኣክኸለ

• ከመይ ክፈልጥ ይክኸእል?

ውላድካ ንሲት ቤልት ብቁዕ እንተኸይኑ ንምፍላጥ፣ ነዛ ናይ 5-ደረጃ መርማራ* ፈትና፤

1. ውላድካ ክሳብ መወዳእታ ብሕቀቓኡ ተጸጊዑ ኣብቲ ሰድያ ናይ ማኪና ኮፍ ክብል ይክኸእል ድዩ?
2. ኣብ ጫፍ ናይቲ ሰድያ፣ ብርኪ ናይ ውላድካ ጎሰሰ ከይበለ፣ ብቀቓሊል ይዕጽፍ ድዩ?
3. እቲ ናይ ሰለፍ መዕጠቓ፣ ኣብ ልዕሊ ከኸብዱ ቸይኮነስ፣ ብጉቡእ ኣብ ሰልፉ ዓጢቑ ኣሎዶ?
4. እቲ ናይ መንኰብ መዕጠቓ፣ ኣብ ማእከል መንኰቡን ኣፍ ልቡን ይሓልፍ ድዩ?
5. ውላድካ እቲ ጉዕዞ ክሳብ ዝወዳእ ከምቺ ኢሉ ክከኸይድ ይክኸእል ድዩ?

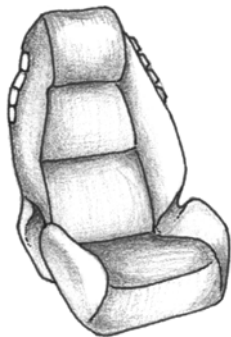
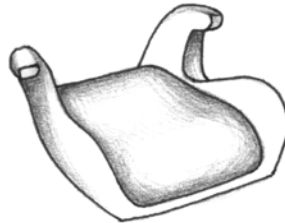
ከብቶን ሕቶታት ንዝኸኸኑ «ኣይፋልን» ኢልካ እንተ መሊሰካ ወይ ውላድካ ነቲ ናይ መንኰብ መዕጠቓ ኣብ ትሕቲ ቅልጽሙ ወይ ድሕሪ ሕቕኡ ዝገብሮ እንጉተኸይኑ፣ ነቲ ሲት ቤልት ብግቡእ ንምዕጣቕ ክከኸእል ንናይ ቡስተር ሲት ክድልዮ እዩ።

* ብናይ ፈቃድ ረሽቆታታት ሕግታት ራ.ራ.ገ ተጠቀቓምናሉ።

ነቲ ግቡእ ቡስተር ሲት ከመይ ገይረ ይመርጽ?

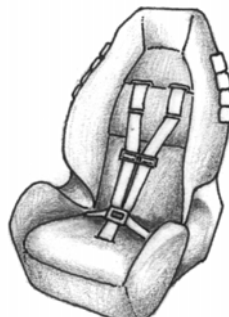
ዝተፈላለዩ ቡስተር ሲታት ዝተፈላለዩ ስርሒትን መልክዕን ኣለዎም። ናይ ሚዛን ደረት ንምፍላጥ ነቲ ምልክት ኣንብብ። እቲ ፋብሪካ ንዘህበ መመርሒታት ከኣ ኩሉ ሂዘ ስዓብ። ቡስተር ሰድያታት ዝተፈላለዩ ዋጋታት ኣለዎም። ዋጋ ከቢሩ ማለት ግን ዝሓሸ ወይ ካብ ሓደጋ ብዝበለጸ ዝካላኸል ቡስተር ሲት ማለት ግን ኣይኮነን። ክሕግቶካኸ ዝክኸእሉ ገለ ገለ መምርሒታት እንወኸ።

መጽግዒ ዘይብሉ ቡስተር፤ ምስ ናይ ሰለፍ/መንኲብ ሲት ቤልት ብሓባር ክጥቀም ኣለዎ። ውላድካ ኣብቲ ቡስተር ሲት ኮፍ ክብል ከሎ፤ ኣብቲ ማኪና ናይ ዝርከብ ሰድያ መደገፍ ሑቕ ወይም መደገፊ ርእሲ ልዕሊ እዝኒ ውላድካ እንተኮኸይኑ ዝበለጸ ውጽኢት ኣለዎ። እዚ ሞዴል ብቀሊሉ ክጥርነፍን ካብ ሓንቲ ማኪና ናብ ካልእ ክጉዓዝ ዝክኸእል እዩ።

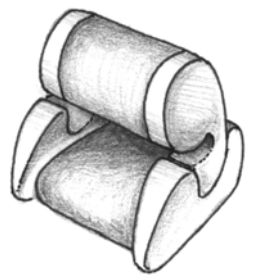


መጽግዒ ዘይብሉ ቡስተር፤ ምስ ናይ ሰለፍ/መንኲብ ሲት ቤልት ብሓባር ክጥቀም ኣለዎ። ውላድካ ኣብቲ ቡስተር ሲት ኮፍ ክብል ከሎ፤ ኣብቲ ማኪና ናይ ዝርከብ ሰድያ መደገፍ ሑቕ ወይ መደገፊ ርእሲ ልዕሊ እዝኒ ውላድካ እንተኮኸይኑ ዝበለጸ ውጽኢት ኣለዎ። እዚ ሞዴል ብቀሊሉ ክጥርነፍን ካብ ሓንቲ ማኪና ናብ ካልእ ክጉዓዝ ዝክኸእል እዩ።

ክብ ዝበለ መጽግዒ ዝለዎ ቡስተር፤ ምስ ናይ ሰለፍ/መንኲብ ሲት ቤልት ብሓባር ክጥቀም ኣለዎ። ክብ ዝበለ መጽግዒ ዝለዎ ቡስተር፤ ለጠቕ ዝበለ መጽግዒ ዝለዎን መካይን ንዝመጽእ ማህሰይቲ ይካላኸል። ናይ ርእሲ መደገፊ ምስ ዘለዎን ወይ ምስ ዘይብለን መካይን ክንጥቀመሉ ንኸእል። እቲ ክብ ዝበለ መጽግዒ ዝለዎ ቡስተር ንዝደቀሰ ቆልዓ ንምድጋፍ'ውን ይሕግዝ።



ናብ ቅድሚት ዝጥምት መእሰሪ ዘለዎ ሰድያ፤ ነቲ መእሰሪ ውላድካ ካሳዕ 40 ፓውንድ ዝኸውን ተጠቀመሉ። ድሕሪኡ፤ ነቲ መእሰሪ ኣልጊስካ፤ ነቲ ናይ ሰለፍ/መንኲብ ሲት ቤልት መእሰሪ ዘለዎ ቡስተር ሰድያ ተጠቀም። እቲ ቡስተር ሰድያ ሲት ናይ ርእሲ መደገፊ ምስ ዘለዎን ወይ ምስ ዘይብለን መካይን ክትጥቀመሉ ትኸእል።



ኣብ ናይ ድሕሪት ሰድያ ናይ ማኪናይ፤ ናይ ሰለፍ መእሰሪ መዕጠቂ ጥራሕ እንተሎኸ? ኣብ ናይ ድሕሪት ሰድያ ናይ ማኪናይ፤ ናይ ሰለፍ መእሰሪ መዕጠቂ ጥራሕ እንተሎካ፤ ንደህንነት ናይ ውላድካ ንምምሕያሽ ዝሕግዞኻ፤ ክትገዝእም ትኸእል ብዘሓት ኣቁሑት ኣለዉ። ብዛዕብኦም ተወሳኺ ኣፍልጦ ንምርካብ ወይ ንተወሳኸኺ ሓበሬታ ናብ (425) 828-8975, 1-800-BUCK-L-UP ወይ ኣብ www.boosterseat.org ተመልከት።

ወዲ 6 ዓመት ወደይ እጁ ዓቢ ወዲ ኹይን እየ፤ ኩሎም ኣዕሩኸቲ ኸኣ ናይ ቡስተር ሲት ኣይገብሩን እዮም ይብል ኣሎ። እንታይ ክብሎ ይግብኣኒ? ንውላድካ ዝያዳ ንሸኻ ትፈልጦ። ግናኸ ገለ ሓሳባት እነወኸ፤

- ሕጊ እዩ።
- ስለ ዝፈትወካ ክካላኸለልካ ይደልይ እዩ። እቲሲት ቤልት ንበይኑ ኣይኣክልን እዩ።
- ቡስተር ሰድያታት፤ ከማኻ ዕብይ ንዝበሉ ቀለዉዕ ጥራሕ እዮም ተሰሪሖም።
- በቲ መስኮት ጽቡቕ ንኸትርኢ ይሕግዝ።
- ናይ ቡስተር ሲት፤ እቲ ሲት ቤልት ከም ጉቡእ ገጥ ኣቢሉ ንክሕዝካን ንኸምችኣካን ይሕግዝ።

ተወሳኸኺ ሓበሬታ ካበይ ክረክብ ይኸእል?

- ናብ ናይ መካላኸኸሊ ቀይዲ ማሕበር ኣብ (425) 828-8975" 1-800-BUCK-L-UP ደውል።
- ወይ ከኣ ናብ ናይ ዋሺንግተን ስቴይት ናይቡስተር ሲት ማሕበር ዌብሳይት www.boosterseat.org ኪድ።

តើកូនរបស់អ្នកប្រុងប្រៀបប្រើកៅអីមានខ្សែក្រវាត់ ហើយ ឬទេ? ចូរគិតមើលម្តងទៀត!

កូនក្មេងត្រូវការអង្គុយនៅក្នុងកៅអីលើកឲ្យខ្ពស់ រហូតដល់កៅអីមានខ្សែ
ក្រវាត់ត្រូវចំពោះក្មេងនោះនៅពេលពួកគេយ៉ាងហោចណាស់មានកម្ពស់ 4 feet 9
Inches ហើយមានទម្ងន់ប្រហែល 80 pounds និងមានអាយុ 8 ឆ្នាំ។



តើកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងជាអ្វី?

កៅអីលើកឲ្យខ្ពស់គឺបានធ្វើឡើងសំរាប់កូនក្មេងធំនៅពេលពួកគេមិន
ត្រូវនិងកៅអីរថយន្ត ប៉ុន្តែមិនទាន់ធំគ្រប់គ្រាន់នឹងប្រើកៅអីមានខ្សែ
ក្រវាត់សំរាប់មនុស្សធំ។ កៅអីលើកឲ្យខ្ពស់គឺលើកកូនក្មេងឡើង
ដើម្បីឲ្យផ្នែកពាក់លើភ្លោងនិងស្មារនៃកៅអីមានខ្សែក្រវាត់ពាក់ខ្លួន
លើដងខ្លួនរបស់កូនក្មេងឲ្យត្រូវសមរម្យ។

តើហេតុអ្វីបានជាកូនរបស់ខ្ញុំត្រូវការអង្គុយនៅក្នុងកៅអីលើក ឲ្យខ្ពស់សំរាប់កូនក្មេង?

ពេលរថយន្តបុកគ្នាធ្វើឲ្យស្លាប់កូនក្មេងមានអាយុ 4 ទៅ 8 ឆ្នាំ
ច្រើនជាងអ្វីទាំងអស់។ កៅអីមានខ្សែក្រវាត់ជួយជីវិតមនុស្ស ប៉ុន្តែ
កៅអីមានខ្សែក្រវាត់ដែលមិនត្រឹមត្រូវក៏មិនអាចការពារកូនរបស់អ្នក
ក្នុងពេលមានរថយន្តបុកគ្នាដែរ។ កៅអីលើកឲ្យខ្ពស់គឺអាចដោះ
ស្រាយនូវបញ្ហានេះ។

ក្នុងពេលរថយន្តបុកគ្នា កូនក្មេងតូចដែលមិនត្រូវនិងកៅអីមានខ្សែ
ក្រវាត់អាចរអិលចេញហើយទទួលការឈឺចាប់ ឬក៏ស្លាប់។ កូនក្មេង
ក៏អាចទទួលការឈឺចាប់យ៉ាងធ្ងន់ធ្ងរដែរពេលរថយន្តបុកគ្នា នៅ
ពេលផ្នែកពាក់លើភ្លោងនៃកៅអីមានខ្សែក្រវាត់ដែលដាក់អង្គុយលើ
ពោះ ជាកន្លែងដែលអាចឲ្យមានរបួសដល់សរីរាង្គខាងក្នុង។
ខ្សែក្រវាត់ពាក់លើស្មារដែលពាក់នៅក្រោមដៃអាចធ្វើឲ្យបាក់ឆ្អឹងជំនី
ហើយដាក់ខ្សែក្រវាត់ពាក់លើស្មារពីក្រោយខ្នងអាចបណ្តាលឲ្យ
ក្មេងរងរបួសមុខឆ្មាយបណ្តាលឲ្យទង្គិចក្បាល។

ឥឡូវនេះរដ្ឋជាច្រើនមានច្បាប់សំរាប់កៅអីលើកឲ្យខ្ពស់។ ច្បាប់នៅ
ក្នុងរដ្ឋវ៉ាស៊ីនតោនតម្រូវឲ្យប្រើកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងដែល
មានអាយុ 4 ទៅ 6 ឆ្នាំ ឬមានទម្ងន់ពី 40 ទៅ 60 pounds ។
រដ្ឋបណ្តុំត្រូវអ្នកជំនាញការខាងធ្វើឲ្យមានសុវត្ថិភាពបានឲ្យដឹង
ថា កូនក្មេងត្រូវប្រើកៅអីលើកឲ្យខ្ពស់រហូតដល់កៅអីមានខ្សែក្រវាត់
ត្រូវដោយសមរម្យ។ នៅក្នុងករណីជាច្រើន គឺអាចនៅពេល
ពួកវាមានកម្ពស់យ៉ាងហោចណាស់ 4'9" មានទម្ងន់ 80 pounds
ហើយប្រហែលជាមានអាយុ 8 ឆ្នាំ។

តើនៅពេលណាកូនរបស់ខ្ញុំត្រូវការប្រើកៅអីលើកឲ្យខ្ពស់?

ចាប់ផ្តើមប្រើកៅអីលើកឲ្យខ្ពស់នៅពេលកូនរបស់អ្នក:

- ធំហួសលើសកៅអីរថយន្តដាក់បែរទៅមុខរបស់គេជាមួយ
និងខ្សែពង្រឹង។ គឺកើតឡើងនៅពេលស្មាររបស់វាស្ថិតនៅលើរន្ធ
ខ្សែសំបើតទាំងពីរ។
- មានទម្ងន់ 40 pounds ។

ត្រូវបន្តប្រើកៅអីលើកឲ្យខ្ពស់រហូតដល់កៅអីមានខ្សែក្រវាត់ត្រូវ
ចំរៀបប្រុងដែលគួរតែប្រើ។

តើខ្ញុំត្រូវដឹងដោយរបៀបណានៅពេលកៅអីមានខ្សែក្រវាត់ត្រូវ កូនរបស់ខ្ញុំ?

ដើម្បីដឹងថាកូនរបស់អ្នកប្រុងប្រៀបប្រើកៅអីមានខ្សែក្រវាត់
ចូរសាកល្បងធ្វើតេស្ត 5 របៀប។ *

1. តើកូនរបស់អ្នកអាចអង្គុយយកខ្លួនរបស់វាទល់និងកៅអី
ឡានបានឬ?
2. តើដង្កង់របស់កូនអ្នកអាចបត់ដោយស្រួលនៅតែមកៅអី
ដោយគ្មានឈរឬអង្គុយបានឬទេ?
3. តើខ្សែក្រវាត់ពាក់លើភ្លោងត្រូវល្អ តឹងរ៉ត់ខ្លាំងកាត់លើភ្លោង
វាមិនមែនឡើងលើពោះឬទេ?
4. តើខ្សែក្រវាត់ពាក់លើស្មារតែកាត់ខ្លាំងចំពាក់កណ្តាល
ស្មារនិងទ្រូងឬទេ?
5. តើកូនរបស់អ្នកអាចអង្គុយដូច្នេះក្នុងពេលធ្វើដំណើររហូតឬ?

បើអ្នកឆ្លើយ "ទេ" ចំពោះសំណួរណាមួយក្នុងសំណួរទាំងនេះ
ឬកូនរបស់អ្នកពាក់ខ្សែក្រវាត់ពាក់ស្មារខាងក្រោមដៃ
ឬខាងក្រោយខ្នងនោះកៅអីលើកឲ្យខ្ពស់ គឺត្រូវការសំរាប់
ឲ្យត្រូវនិងកៅអីមានខ្សែក្រវាត់។

*សូមប្រើជាមួយការអនុញ្ញាតពី SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

www.boosterseat.org
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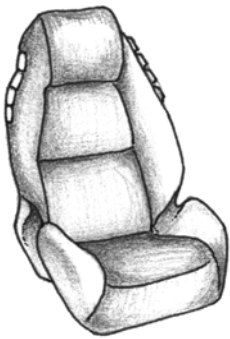
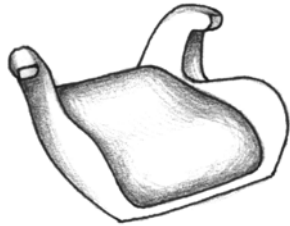


តើខ្ញុំអាចរើសឲ្យត្រូវកៅអីលើកឲ្យខ្ពស់យ៉ាងដូចម្តេច?

កៅអីលើកឲ្យខ្ពស់មានច្រើនប្រភេទនិងម៉ូតូ។ ត្រូវពិនិត្យមើលផ្នែកសំរាប់ការកំរិតទម្ងន់ហើយត្រូវតែធ្វើតាមគោលការណ៍ណែនាំពីរោងចក្រ។ កៅអីលើកឲ្យខ្ពស់មានតម្លៃយ៉ាងទំលំទូលាយ។ មួយដែលមានតម្លៃខ្ពស់ជូនការមិនអាចមានន័យ ថាជាកៅអីដែលល្អប្រសើរ ឬមានសុវត្ថិភាពទេ។ នេះគឺជាគោលការណ៍ណែនាំខ្លះដែលអាចជួយអ្នក។

កៅអីលើកឲ្យខ្ពស់ដែលគ្មានខ្នងបង្អែក:

ត្រូវប្រើម៉ឺនកៅអីដែលមានខ្សែក្រវាត់តាមភ្លៅ/ស្មា ។ គឺប្រសើរមើលបង្អែកកៅអីរបស់រថយន្ត ឬកន្លែងដាក់ក្បាលបង្អែកនៅពីលើគ្រឿងរបស់ក្មេងនោះ។ ពេលកូនក្មេងអង្គុយលើកៅអីលើកឲ្យខ្ពស់។ ម៉ឺននេះគឺវាងាយស្រួលក្នុងការបត់យកចុះឡើងពីរថយន្តមួយទៅរថយន្តមួយ។



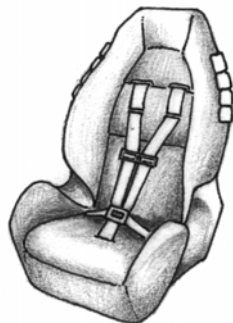
កៅអីលើកឲ្យខ្ពស់ដែលមានខ្នងបង្អែកខ្ពស់:

ត្រូវប្រើវាជាមួយភ្លៅ/ស្មា ម៉ឺនកៅអីដែលមានខ្សែក្រវាត់។ កៅអីលើកឲ្យខ្ពស់ដែលមានខ្នងបង្អែកខ្ពស់គឺការការពារទំលំនឹងកន្ត្រាក់ទៅមុខទៅក្រោយនៅក្នុងរថយន្ត ដែលមានកៅអីបង្អែកទាប។ វាអាចប្រើបានជាមួយរថយន្តមាន ឬមិនមានក្បាលបង្អែក។

កៅអីដែលមានខ្នងបង្អែកខ្ពស់អាចជួយទ្រពោលក្មេងដេក។

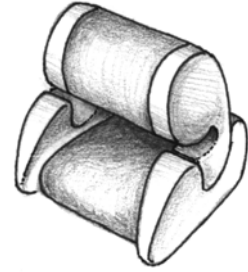
កៅអីលើកឲ្យខ្ពស់ បែរទៅមុខមានខ្សែពង្រឹង:

ត្រូវប្រើខ្សែពង្រឹងរហូតដល់កូនរបស់អ្នកមានទម្ងន់ 40 pounds ឬនាំមកដោះខ្សែពង្រឹងចេញហើយប្រើកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងដែលមានខ្សែក្រវាត់ពាក់លើភ្លៅនិងពាក់លើស្មា។ កៅអីលើកឲ្យខ្ពស់នេះសំរាប់ប្រើបាននៅក្នុងរថយន្តមាន ឬមិនមានក្បាលបង្អែក។



កៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងដែលមានរបាំង:

ការប្រើរបាំងនៃកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងនេះគឺមិនមានការឲ្យឱ្យវាទតទេ។ ទៀតទេ បើរបាំងនោះរហូតចេញបានត្រូវដោះចេញ (ចូរពិនិត្យមើលសៀវភៅណែនាំ)។ បន្ទាប់មកប្រើកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងដែលមានខ្សែក្រវាត់ ពាក់លើភ្លៅនិងពាក់លើស្មាសំរាប់ កូនក្មេងដែលមានទម្ងន់ 40 pounds ។ វាប្រើដូចជាកៅអីលើកឲ្យខ្ពស់ដែលគ្មានបង្អែកដែរ ។ ម៉ឺនកៅអីនេះប្រើល្អណាស់នៅក្នុងកៅអីរថយន្តមានក្បាលបង្អែក។



តើយ៉ាងដូចម្តេចបើរថយន្តរបស់ខ្ញុំមានតែខ្សែក្រវាត់នៅកៅអីខាងក្រោយ?

គឺមានរបស់របរជាច្រើនដែលអ្នកអាចទិញដើម្បីជួយធ្វើឲ្យសន្តិសុខរបស់ក្មេងមានការប្រសើរឡើងនៅក្នុងរថយន្តបើអ្នកមានតែខ្សែក្រវាត់ពាក់លើនៅកៅអីរថយន្តខាងក្រោយ។ សំរាប់ការរៀនសូត្រពីពួកវាថែមទៀត ឬសំរាប់ព័ត៌មានថែមទៀតសូមទូរសព្ទតាមលេខ (425) 828-8975, 1- 800- BUCK-L-UP ឬ ពិនិត្យមើល www.boosterseat.org។

កូនរបស់ខ្ញុំមានអាយុ 6 ឆ្នាំ និយាយថាវាជាក្មេងធំហើយ ឥឡូវនេះពួកយើង របស់វាមិនមានកៅអីលើកឲ្យខ្ពស់ទេ។ តើខ្ញុំត្រូវប្រាប់វាយ៉ាងណា?

អ្នកស្គាល់កូនរបស់អ្នកយ៉ាងច្បាស់លាស់ ប៉ុន្តែនេះគឺគំនិតខ្លះ៖

- វាគឺជាច្បាប់
- ខ្ញុំស្រឡាញ់អ្នកខ្ញុំនិងចង់ការពារអ្នក។ កៅអីមានខ្សែក្រវាត់តែម្យ៉ាងមិនអាចគ្រប់គ្រាន់ទេ។
- កៅអីលើកឲ្យខ្ពស់គឺសំរាប់តែក្មេងដូចអ្នកឯង។
- ឯងនឹងអាចមើលទៅក្រៅឃើញតាមបង្អួចដោយប្រសើរ។
- កៅអីលើកឲ្យខ្ពស់នឹងធ្វើឲ្យកៅអីមានខ្សែក្រវាត់ត្រូវចំលូនិងធ្វើឲ្យស្រួលខ្លួន។

តើខ្ញុំអាចទទួលព័ត៌មានបន្ថែមបានឬ?

- ចូរទូរសព្ទទៅ Safety Restraint Coalition តាមលេខ (425) 828-8975 ឬ 1-800-BUCK-L-UP ឬ
- ពិនិត្យមើលតាមបណ្តាញ អ៊ីនធឺណែតរបស់ Washington State Booster Seat Coalition នៅ WWW.boosterseat.org.

您的孩子是否可以繫安全帶了？請再三思！

身高不到4呎9吋、體重為80磅以下和不滿8歲的兒童在乘車時需要一個輔助座墊，直到適合使用成年人安全帶。



什麼是輔助座墊？

輔助座墊是為年齡稍長的兒童製做的，這些兒童對使用幼兒車座而言太大了，但尚未大到可使用成年人安全帶。輔助座墊將孩子墊高，使車上的大腿上方和肩膀安全帶均能適當地繫在孩子的身上。

為什麼我的孩子在乘車時需要坐在輔助座墊上？

車禍造成兒童死亡，年齡在4至8歲之間的兒童的死亡率高於其他任何兒童年齡組的死亡率。安全帶能夠拯救生命，但是，不適合孩子的安全帶在車禍中卻不能保護孩子。輔助座墊可以解決這個問題。

在車禍發生時，對於繫安全帶還年齡太小的兒童會從座位上滑出來，從而受到傷害或喪生。當大腿上方的安全帶繫在腹部時，則可能傷害內臟器官，也會使兒童在發生車禍時受到嚴重傷害。如果將肩膀安全帶繫在手臂下，在發生車禍時會折斷肋骨；如果肩膀安全帶被置於背後，在發生車禍時會使孩子的身體往前衝，造成頭部創傷。

很多州現在都制定了輔助座墊法，華盛頓州的法律要求年齡在4至6歲之間或體重在40至60磅之間的兒童在乘車時必須坐在輔助座墊上。醫生和專家們建議兒童在適合使用安全帶之前要使用輔助座墊，這通常指孩子的身高至少是4呎9吋，體重大約為80磅，年齡大約為8歲。

我的孩子何時需要使用輔助座墊？

您的孩子在下述情況需使用輔助座墊：

- 孩子的生長超過附有背帶的正向幼兒車座，即當孩子肩膀的高度超過最上面的繫帶孔時，或是；
 - 孩子的體重達到40磅。
- 持續使用輔助座墊，直至適合使用安全帶。

我如何知道我的孩子是否適合使用安全帶？

要知道安全帶是否適合您的孩子，請嘗試以下的5步試驗：

1. 孩子的坐姿是否完全向後靠著自動座位？
2. 孩子的膝蓋是否舒服地彎在座位的邊上而不用彎腰？
3. 腰部安全帶是否緊緊在大腿上方，而不是繫在腹部？
4. 肩膀安全帶是否橫越肩膀和胸部的中間部位？
5. 延途中，孩子能否一直保持這樣的坐姿？

如果您對以上任何一個問題的回答是「否」，或者您孩子將肩膀安全帶置於手臂下或背後，則需要輔助座墊來正確使用安全帶。

* 經美國保險安全帶處許可使用。

Washington State Booster Seat Coalition
www.boosterseat.org
in partnership with



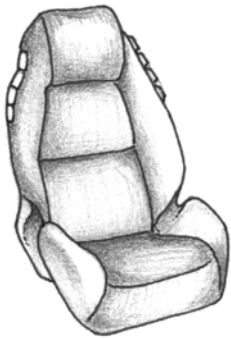
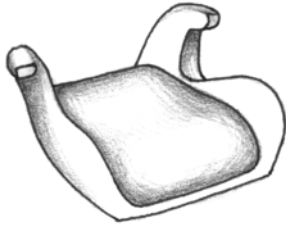
A-LM

我如何選擇合適的輔助座墊？

輔助座墊有很多類型和式樣，請檢查體重限度的標籤並始終遵循廠商的說明。輔助座墊的價格差異極大，價格高並不意味著輔助座墊更好或更安全，以下是一些對您有幫助的指導說明。

無靠背輔助座墊：

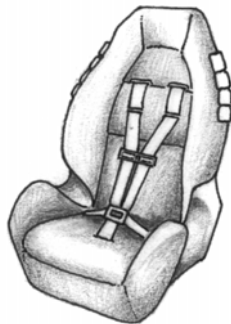
必須與腰部和肩膀安全帶一起使用。當您的孩子坐在輔助座墊上時，如果您的車座靠背或頭靠部位正好在孩子耳朵的上方，這就是最佳選擇。此型號的座墊便於包裝搬運，且容易從一輛車換至另一輛車上。



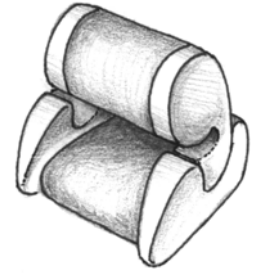
高靠背輔助座墊：必須與腰部和肩膀安全帶一起使用。高靠背輔助座墊可以預防只有低靠背車輛撞車時引起的頭部受傷，它適用於附有或不附有頭靠墊的車輛，高靠背還可以使睡覺的孩子獲得身體支撐。

有背帶的正向車座：

在您的孩子體重達到 40 磅之前要一直使用背帶。然後拆下背帶，使用附有腰部和肩膀安全帶的輔助座墊。這種輔助座墊可以用於附有或不附有頭靠墊的車輛。



護罩輔助座墊：不再提倡使用這種輔助座墊的護罩部份。如果護罩部份在購買時是分開的，不要安裝起來（查看說明書）。然後，對體重為 40 磅以上的孩子，使用附有腰部和肩膀安全帶的輔助座墊，其功能與無靠背輔助座墊一樣。這種輔助座墊對於沒有頭靠墊的車輛來說是最佳選擇。



如果我的車後排座位上只有腰部安全帶，怎麼辦？

如果您的車後排座位上只有腰部安全帶，那麼有很多種產品可供您購買以改善您的孩子的乘車安全。如果要瞭解這些產品的進一步資訊，或需要更多有關資料，請電詢：(425) 828-8975、1-800-BUCK-L-UP 或造訪

www.boosterseat.org。

我 6 歲大的兒子說，現在他是大男孩了，而且他的朋友都不使用輔助座墊。我應該告訴他什麼？

您最瞭解自己的孩子，不過，以下是一些想法：

- 這是法律規定。
- 我愛你並想保護你，光有安全帶是不夠的。
- 輔助座墊是為像你這樣大的孩子專門製做的。
- 你將能夠更舒適地瀏覽窗外景色。
- 輔助座墊使安全帶繫在更適合的部位，並且更舒服。

我可以從哪裡獲得更多資訊？

- 打電話給安全約束聯盟，電話號碼是 (425) 828-8975 或 1-800-BUCK-L-UP。
- 或造訪華盛頓州輔助座墊聯盟的網站 www.boosterseat.org。

Information from: National Highway Traffic Safety Administration, SafetyBeltSafe U.S.A., Safe Ride News Publications, Safety Restraint Coalition.

あなたのお子さんは、シートベルト 年齢に達しているでしょうか？ もう一度、考えてみて下さい！

シートベルトに体がフィットする、少なくとも**8才（身長140cm、体重約36kg）**になるまで子供にはブースターシートが必要です。



ブースターシートとは、何でしょうか？

チャイルドシートは卒業したけれど、大人用のシートベルトを使うにはまだ小さすぎる、そんな年齢の子供を対象にデザインされたものがブースターシートです。車の座席に置いて子供の座高を上げ、シートベルトが子供の太腿や肩の部分にぴったりフィットするようにします。

ブースターシートは、どうして必要なのですか？

4歳から8歳児の死亡原因として、最も多いのが自動車事故です。シートベルトは安全のために不可欠なものですが、体にきちんとフィットしないシートベルトを着けていても、いざという時の役には立ちません。ブースターシートが必要なのはそのためなのです。

シートベルト年齢に満たない子供は、事故の衝撃でベルトから放り出されてケガをしたり、死亡するケースさえあります。太腿を上から留めるはずのシートベルトがお腹付近にあると、事故の際、内臓を傷つけ重体になってしまうこともあります。又、ショルダーベルトが脇の下にあると肋骨を折ったり、ショルダーベルトだけはずしたままでおくと、上体が前方に強く投げ出され、脳に障害をきたすこともあります。

現在、多数の州でブースターシートの利用が法律で義務付けられ、ワシントン州でも、4歳から6歳児又は、体重**18kg**から**27kg**の子供はブースターシートを使用しなければなりません。医師や安全専門家によると、シートベルトが子供の体にフィットするまでは、ブースターシートを使用させ続けるのが望ましいとされています。ほとんどの場合、最低でも8歳（身長**140cm**、体重約**36kg**）になるまでブースターシートの使用が必要になります。

ブースターシートの利用はいつから始めるべきでしょうか？

お子様が次の条件に当てはまる場合、ブースターシートの使用を開始して下さい。

- 前向きの安全ストラップ付きチャイルドシートが小さくなった時。子供の肩が一番上のストラップ穴より高い位置にくると、チャイルドシートが小さくなったということです。
- 体重が18kgになった時。

シートベルトがきちんとフィットするようになるまでは、ブースターシートの使用を続けて下さい。

子供がシートベルトにフィットするようになったかどうかは、どのようにしてわかりますか？

シートベルト年齢に達したかどうかは、次の**5段階テスト***でわかります。

1. 車の座席に深く腰掛けることが出来ますか？
2. 膝下が宙ぶらりんになることなく、膝を折ってゆったりと座れますか？
3. ラップベルトがお腹の上でなく太腿の上にぴったりと着用出来ていますか？
4. ショルダーベルトは肩から胸にかけてしっかりと中心部を押さえていますか？
5. 以上の状態で長時間快適に座っていられますか？

上記の条件をひとつでも満たせない場合、あるいは子供がショルダーベルトを脇や背中に回してしまう場合には、快適にフィットするシートベルトを提供するブースターシートが必要ということです。

* SafetyBeltSafe U.S.A. の許可を得て転載しました。

Washington State Booster Seat Coalition

www.boosterseat.org

in partnership with



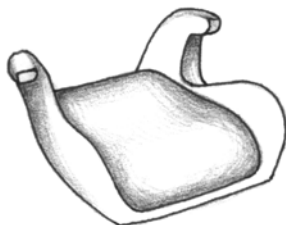
A-LM

ブースターシート正しい選び方は？

ブースターシートには、様々なタイプやスタイルがあります。ラベルに表示してある許容体重を確認の上、必ずメーカーの取り扱い指示に従って使用して下さい。ブースターシートは、値段の幅が広く、高いからといって、品質や安全性がより良いというわけではありません。選択の際の目安を記しますので参考にして下さい。

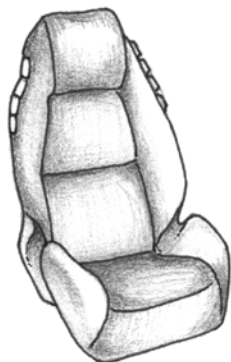
背もたれ無し

ブースター：車のラップベルト及びショルダーベルトと併用する必要があります。このブースターシートに座った時、車の背もたれやヘッドレストの高さが耳より上であれば、最も効果的です。この型は、取り外しや車から車への移動が楽に出来ます。



ハイバック・

ブースター：車のラップベルト及びショルダーベルトと併用する必要があります。背もたれの低い車でも、このハイバックで鞭打ち症を妨ぐことが出来ます。ヘッドレストの有無に関わらず使用することが可能です。睡眠中の子供もしっかり保護します。

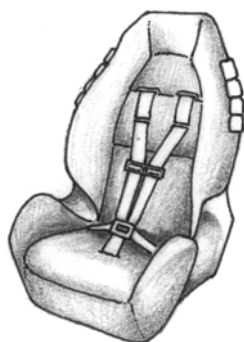


安全ストラップ付き

前向きブースター：

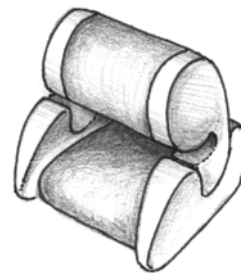
体重が 18kg になるまでは、ストラップを締めます。

18kg 以上になると、ストラップを外し、ラップベルト及びショルダーベルトを併用して下さい。このブースターシートも、ヘッドレストの有無に関わらず使用することが可能です。



シールド付きブースター

一：このブースターのシールド部分の使用はお勧めできません。シールドが取り外し可能であれば、本体から外して下さい。（取り扱い説明書を確認のこと。）このブースターシートには、車のラップベルト及びショルダーベルトを併用



し、体重 18kg 以上の子供に使うことができます。これは背もたれ無しブースターシートと同様にご利用いただけます。この型は、ヘッドレストのある車での使用に最適です。

車のバックシートに、ラップベルトしかついていない場合は、どうすればよいでしょうか？

ラップベルトしかついていない車にも、車内での子供の安全性を高めるのに役立つ製品が数多く販売されています。詳しくは、電話 (425) 828-8975 または 1-800-BUCK-L-UP までお電話でお問い合わせ下さい。ホームページ www.boosterseat.org でもご案内しています。

6 歳になるうちの息子が自分は今もう大きくなったし、友達も誰もブースターシートなんて使っていない、と言います。どうすればよいでしょうか？

子供への対応については、ご両親が一番よくご存知かと思いますが、ここにいくつか会話のヒントを紹介しておきます。

- ブースターシートの使用は法律で決められているのよ。
- 大好きだから守ってあげたいのよ。シートベルトだけでは役に立たないからね。
- ブースターシートは、あなたのような年頃の子供用に作られたものなのよ。
- ブースターシートに座ると、窓からの景色がもっとよく見られるわよ。
- ブースターシートは、シートベルトをきちんと締める為に必要で、座り心地もいようにデザインされてるのよ。

お問い合わせ先

- **Safety Restraint Coalition**（安全規制連合）電話(425) 828-8975 又は、1-800-BUCK-L-UP までご連絡下さい
- **Washington State Booster Seat Coalition**（ワシントン州ブースターシート連合）のホームページ www.boosterseat.org でもご案内しています。

APPENDIX A

APPENDIX A

Big Kids Need Booster Seats

BIG KIDS NEED BOOSTER SEATS

4-8 years

40-80 pounds

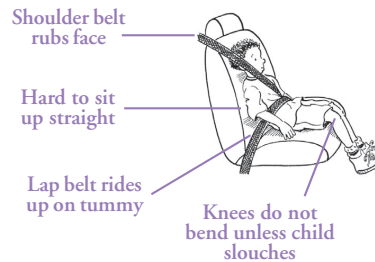
up to 4'9" tall

Keep big kids safe in the car —
use booster seats on every ride, every time.

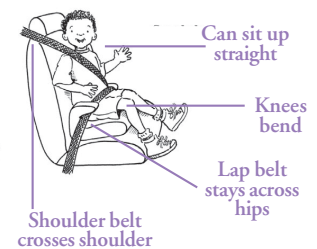
It's the law. And your child is worth it.

*** This information is not sponsored by the school district. In consideration for the privilege to distribute the attached materials, the school district shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, and judgments or awards.***

SEAT BELT DOES NOT FIT



SEAT BELT FITS WITH BOOSTER SEAT



For more information and booster seat coupons, visit www.boosterseat.org or call 1-800-BUCK-L-UP (1-800-282-5587).

A message from the Washington State Booster Seat Coalition

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Big Kids Need Booster Seats - Spanish side

NIÑOS GRANDES NECESITAN ASIENTOS ELEVADOS BOOSTER

4-8 años

40-80 libras

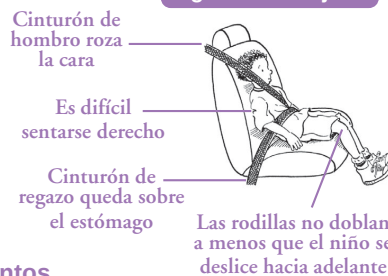
hasta 4'9" de altura

Mantén seguro a tu hijo en el carro – usa asientos elevados cada vez que salgas, siempre que salgas.

Es la ley. Y tu hijo lo merece.

Esta información no está patrocinada por el distrito escolar. En consideración al privilegio de distribuir el material adjunto, el distrito escolar debe ser absuelto de daño por cualquier causal de acción, demanda o petición establecida en cualquier corte o tribunal administrativo, que se levante debido a la distribución de este material, incluyendo todos los costos, honorarios de abogados, juicios o premios.

El cinturón de seguridad no ajusta



El cinturón ajusta bien con el uso del asiento elevado



Para más información y para cupones de descuento para asientos elevados visite www.boosterseat.org o llame a 1-8-777-TU-VIDA (1-877-788-8432)

Un mensaje de la Campaña de la Coalición por la Seguridad Vial de los Niños

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APPENDIX A

APPENDIX A

Front side (Fred Meyer coupon)

FredMeyer COUPON • REDEEM ONLY AT **FredMeyer** • EXPIRES 06-30-02

SAVE \$10⁰⁰

From Reg. Price when you purchase the
evenflo™ Right Fit Booster



Customer: We will reimburse you the face value of this coupon provided it is redeemed at the time of purchase on the brand specified. Reproduction of this coupon is expressly prohibited. ANY OTHER USE CONSTITUTES FRAUD. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.

Limit one coupon per customer. Not valid with any other Fred Meyer coupon for same item(s). Customer responsible for applicable sales tax in accordance with sales tax regulations for manufacturer coupons. Valid WA & OR States only. By MFR. Not available at Fred Meyer Broadway, Midway, Kent, Tacoma-Pacific and Marketplace Stores in WA or at Fred Meyer Clackamas, Division, Gilsan, Hawthorne, Interstate, Peninsula, Southeast, Tigard, Wood Village and Marketplace Stores in OR. *Printed by State Farm Insurance.*

evenflo™ Style # 245119



Cashier:PLU 70076

Back side (Target coupon)

\$5 off a great ride!

Looking out for families in
more ways than one.



Doctors and safety experts recommend that children over 40 pounds AND up to 4' 9" tall should be placed in a booster seat while riding in a vehicle—secured in the back seat with both the shoulder and lap belts. If your vehicle has headrests, you can use a no-back booster seat. Use a high-back booster seat in cars with or without headrests. Target® is proud to work with the Washington State Booster Seat Coalition to offer \$5 off any booster seat from Cosco. Using a booster seat is a good idea. And it's the law in Washington.

For more information on booster seats, visit
www.boosterseat.org, or call 1-800-BUCK-L-UP.

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APPENDIX A

APPENDIX A

Prescription Pad Forms for Healthcare

Front

Prescription for Car Safety		
Name _____	Height _____	Weight _____
Recommendations:		
____ Up to at least 20 lbs.	Up to at least 1 year old	Rear-facing Seat (infant or convertible)
____ 20 to 30 lbs.	Less than 1 year old	Rear-facing Seat (convertible)
____ 20 to 40 lbs.	Over 1 year old	Forward-facing seat with harness
____ Over 40 lbs. & under 4 ft. 9 in. tall.		Booster Seat with lap and shoulder seat belt
____ At, or over 4 ft. 9 in. tall (generally about 80 lbs and at least 8 years old).		Lap and Shoulder Seat Belt (Never put the shoulder belt behind the back or under the arm)
NOTES: - Always follow the instructions that come with the child safety seat or booster seat. - Always use both the lap and shoulder belt with your booster seat. - Some booster seats come with a harness for children weighing between 30 to 40 lbs. Remove the harness when your child outgrows it, or reaches 40 lbs. - The back seat is the safest place for all children to ride.		
For more information: Visit www.boosterseat.org or call 1-800-BUCK-L-UP.		
 HARBORVIEW MEDICAL CENTER INJURY PREVENTION AND RESEARCH CENTER	 Children's Hospital & Regional Medical Center Seattle, Washington	 WASHINGTON TRAFFIC SAFETY COUNCIL WISC

Back

To see if the seat belt will fit your child, try the following test.*

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the lap belt fit snugly across the top of the thighs?
4. Does the shoulder belt come across the center of the shoulder and chest?
5. Can the child sit like this for the whole trip?

If you answer "no" to any of these questions, your child needs to ride in a booster seat.

*Used with permission from SafetyBeltSafe U.S.A.

Types of Boosters



No-back booster
for cars with built-in headrests



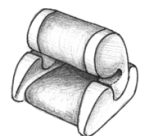
High-back booster
for cars with or without headrests



High-back booster with harness (use as a car seat with harness until 40 lbs. then remove and use as a booster seat with lap and shoulder belt)

Shield booster

Using the shield portion of this booster is no longer recommended



5/03

Prescription Pad Forms for Healthcare - Spanish

Front

Receta para Seguridad del Niño		
Nombre _____	Altura _____	Peso _____
Recomendaciones:		
____ Hasta por lo menos 20 libras	Por lo menos 1 año de edad	Asiento infantil orientado hacia atrás
____ 20 á 30 libras	Menos de 1 año de edad	Asiento infantil orientado hacia atrás
____ 20 á 40 libras	Mas de 1 año de edad	Asiento orientado hacia adelante, con arnés
____ Sobre 40 libras & menos de 4' 9" de alto		Asiento Elevado con cinturón de regazo y hombro
____ A 4' 9" de altura o más alto (generalmente como 80 libras y por lo menos 8 años de edad).		Cinturón de regazo y hombro (Nunca ponga el cinturón detrás de la espalda o debajo del brazo.)



NOTAS:

- Siga siempre las instrucciones que vinieron con su asiento de seguridad o asiento elevado.
- Siempre use ambos el cinturón de regazo y hombro con su asiento elevado.
- Algunos asientos elevados vienen con un arnés para niños que pesan entre 30 y 40 libras. Remueva el arnés cuando su niño crezca, o alcance 40 libras.
- El asiento de atrás es el lugar más seguro para los niños pasajeros.

Para más información:
Visite nuestro sitio web: www.boosterseat.org o llame 1-800-BUCK-L-UP.



Harborview Medical Center
INJURY PREVENTION AND RESEARCH CENTER



Children's
Hospital & Regional Medical Center
Seattle, Washington



WASHINGTON TRAFFIC WISC
SAFETY COMMISSION



Seattle Police Department
Traffic Bureau

Back

Para ver si el cinturón de seguridad le cabe a su niño, trate esta prueba.*

1. ¿El niño hasta se acomoda hasta atrás en el asiento del auto?
2. ¿Las rodillas del niño se doblan cómodamente en el borde del asiento del auto?
3. ¿La correa cabe cómodamente a través de la tapa de los muslos?
4. ¿La correa del hombro viene a través del centro del hombro y pecho?
5. ¿Puede el niño sentarse con esta para el viaje entero?

Sí contestó "no" a cualquier de estas preguntas, su niño necesita viajar en un asiento elevado.

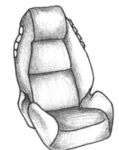
*Usado con permiso del SafetyBelt Safe U.S.A.

Tipos de Asientos Elevados



Asiento sin respaldo

Para autos con apoyo para la cabeza incorporados



Asiento con respaldo alto

Para autos con o sin apoyo para la cabeza

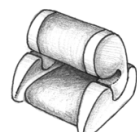


Asiento orientado hacia adelante, con arnés

(use como un asiento de auto, con arnés hasta 40 libras, entonces remuev y use como asiento elevado con cinturón del estilo hombro y regazo)

Asiento elevado con protector

Ya no se recomienda usar la parte del protector.



Child Passenger Safety Reference Card for Public Safety Officers

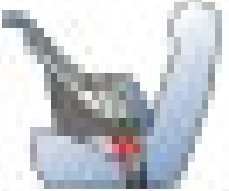
Illustrations are courtesy of Federal Bureau of Investigation (FBI) Laboratory, 2000-2001



CHILDREN 12 & UNDER
 Children 12 & under are never allowed to ride in the back seat of a car.

REARWARD FACING
 Adult car seats are rearward facing.

CRASH TEST POSITIONING
 In a crash, the child's head and neck can move forward and then backward, which can cause serious injury.



SEAT BELT/BOOSTER SEAT
 Children 12 & under are never allowed to ride in the back seat of a car.

CRASH TEST POSITIONING
 In a crash, the child's head and neck can move forward and then backward, which can cause serious injury.



CHILDREN 12 & UNDER
 Children 12 & under are never allowed to ride in the back seat of a car.

CRASH TEST POSITIONING
 In a crash, the child's head and neck can move forward and then backward, which can cause serious injury.

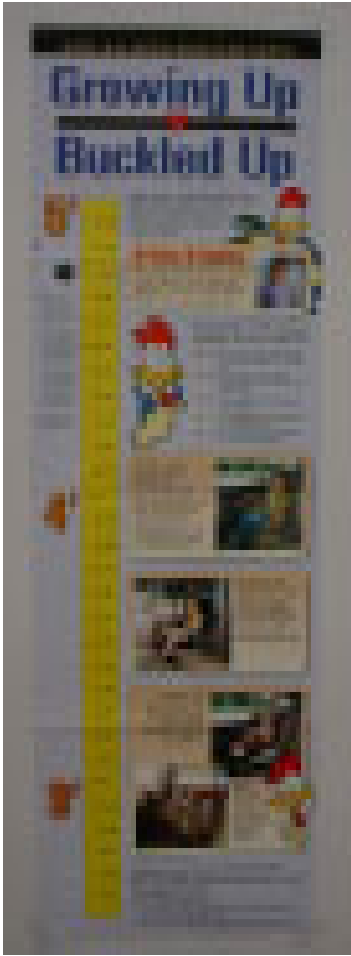
Illustrations are courtesy of Federal Bureau of Investigation (FBI) Laboratory, 2000-2001

	Infant	Toddler/Child	Child
WEIGHT	Under 2 years old, 20 to 30 lbs	Between 20 to 30 lbs and 40 to 50 lbs	Over 40 to 50 lbs
TYPE OF SEAT	Infant car seat or booster seat	Booster seat or forward-facing seat	Forward-facing seat
SEAT POSITION	Rear-facing	Forward-facing	Forward-facing
ADULTS MUST WEAR SEAT BELTS	Always wear seat belt or other restraint	Always wear seat belt or other restraint	Always wear seat belt or other restraint
CHILD MUST WEAR SEAT BELT	Always wear seat belt or other restraint	Always wear seat belt or other restraint	Always wear seat belt or other restraint

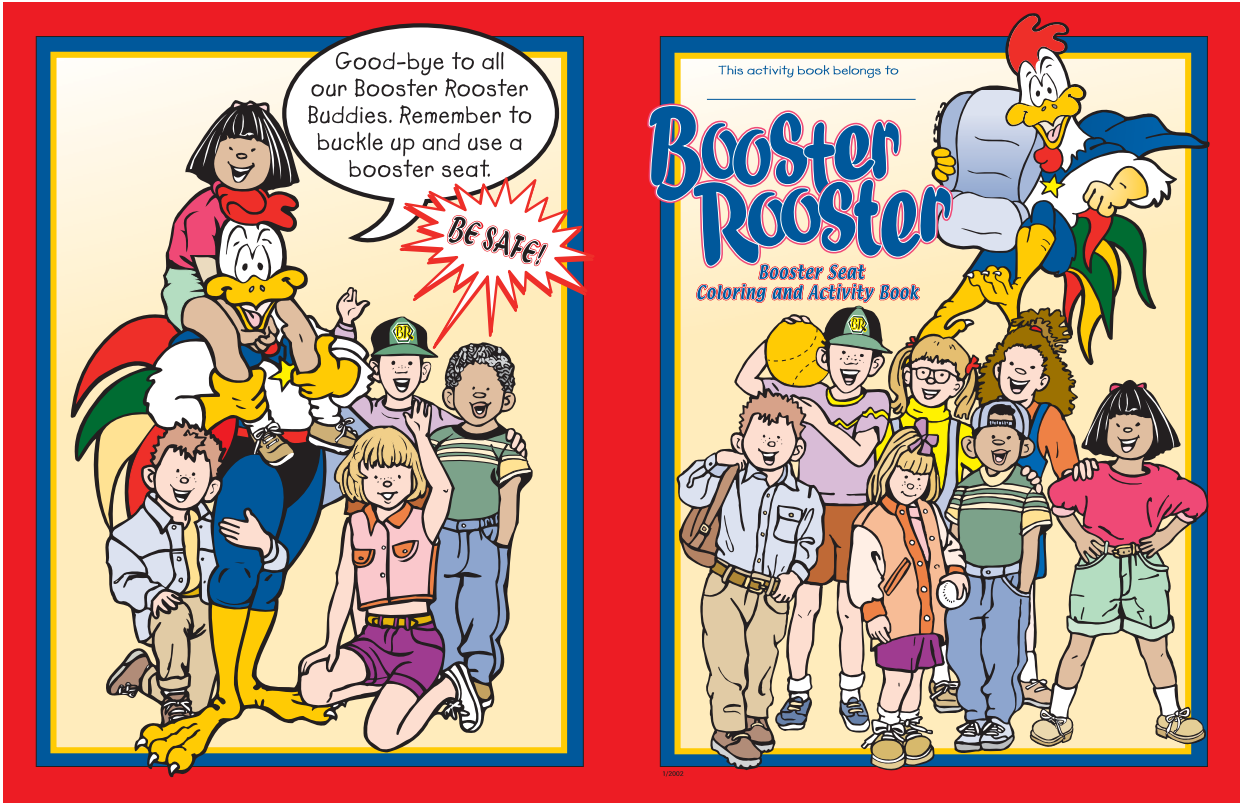
APPENDIX A

APPENDIX A

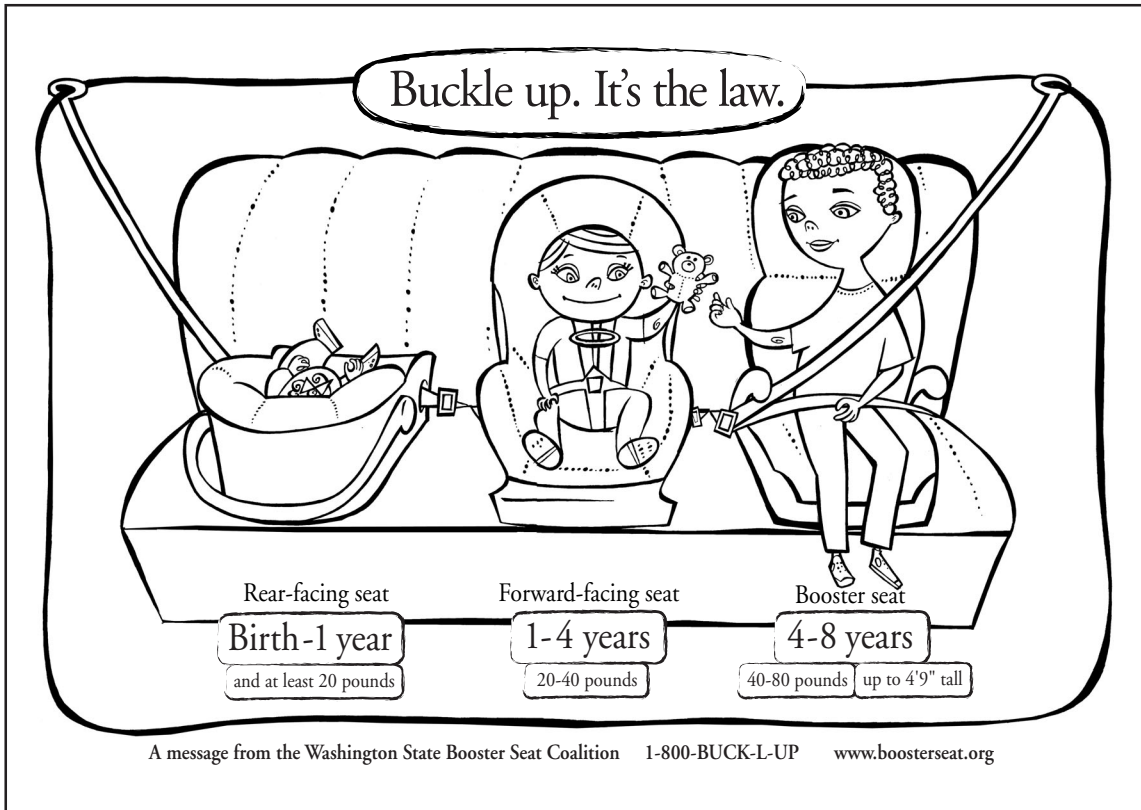
Growth Charts



Activity Books

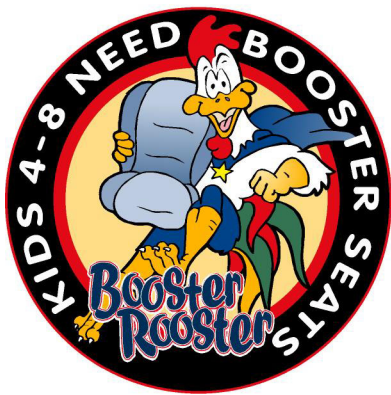


Coloring Sheets



Bookmarks

Stickers



Back- Black Only



Front- CMYK



Booster Seat Word Search

Did you know that booster seats are for big kids?

Did you know that it's the law to use a booster seat?

Booster seats help the lap and shoulder belt fit right.

They help you stay safe and protect you in the car.

And they help you get a good view out the window.

Children need to ride in a booster seat until they are at least 4 feet, 9 inches tall, about 80 pounds and 8 years old.



Can you find these words? Words may be up, down, backwards, or diagonal.

Big Kids

Car

Good View

Law

Seat Belt

Booster Seat

Fit

Lap

Safe

Bonus Words: Protect

Shoulder

To learn more about booster seats, visit www.boosterseat.org or call 1-800-BUCK-L-UP.

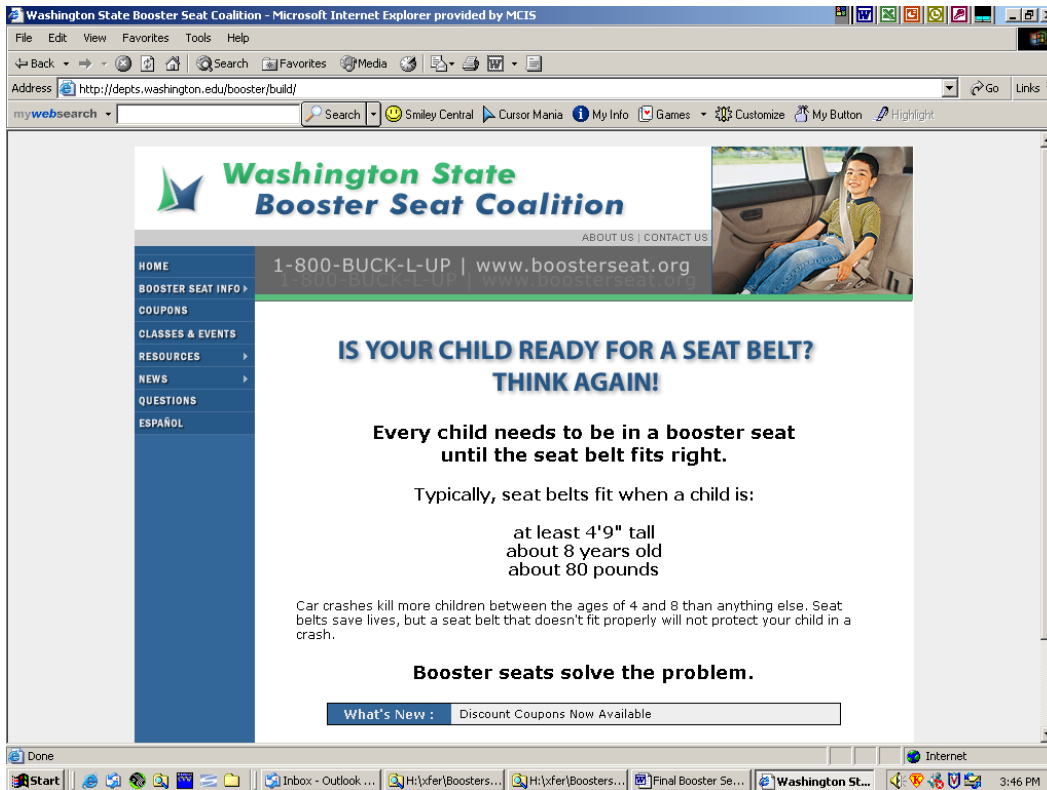
Children's
Hospital & Regional Medical Center
Seattle, Washington

Answers on back

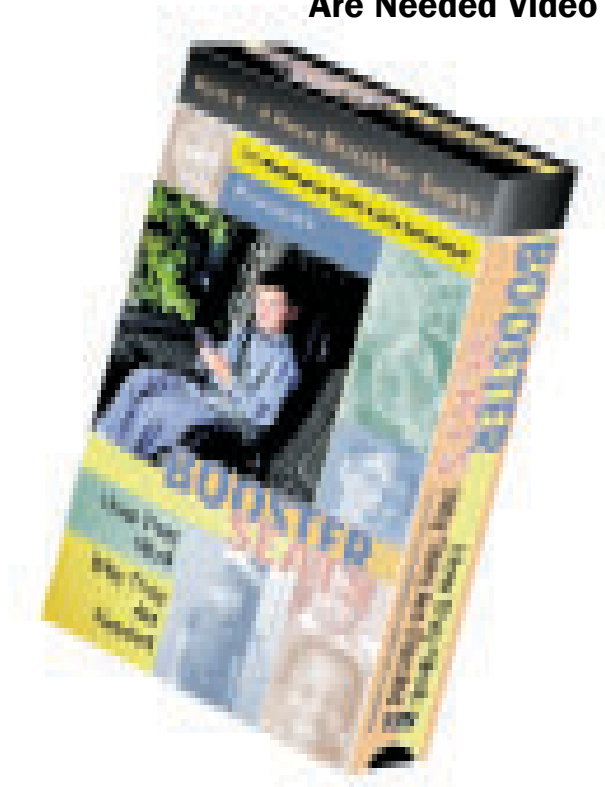
APPENDIX A

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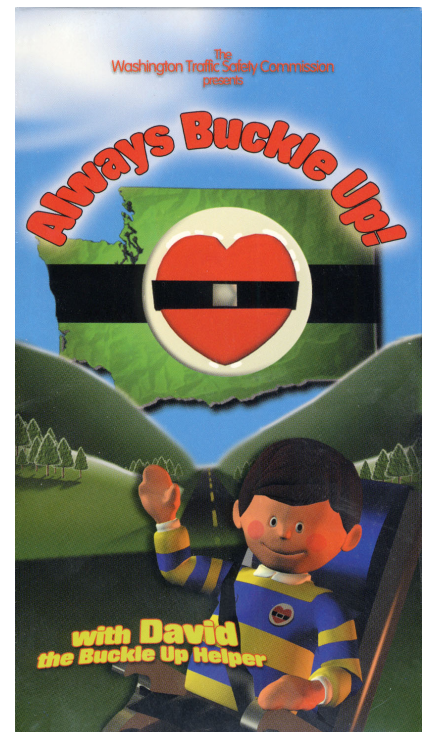
Web site



Booster Seats: How They Work, Why They Are Needed Video



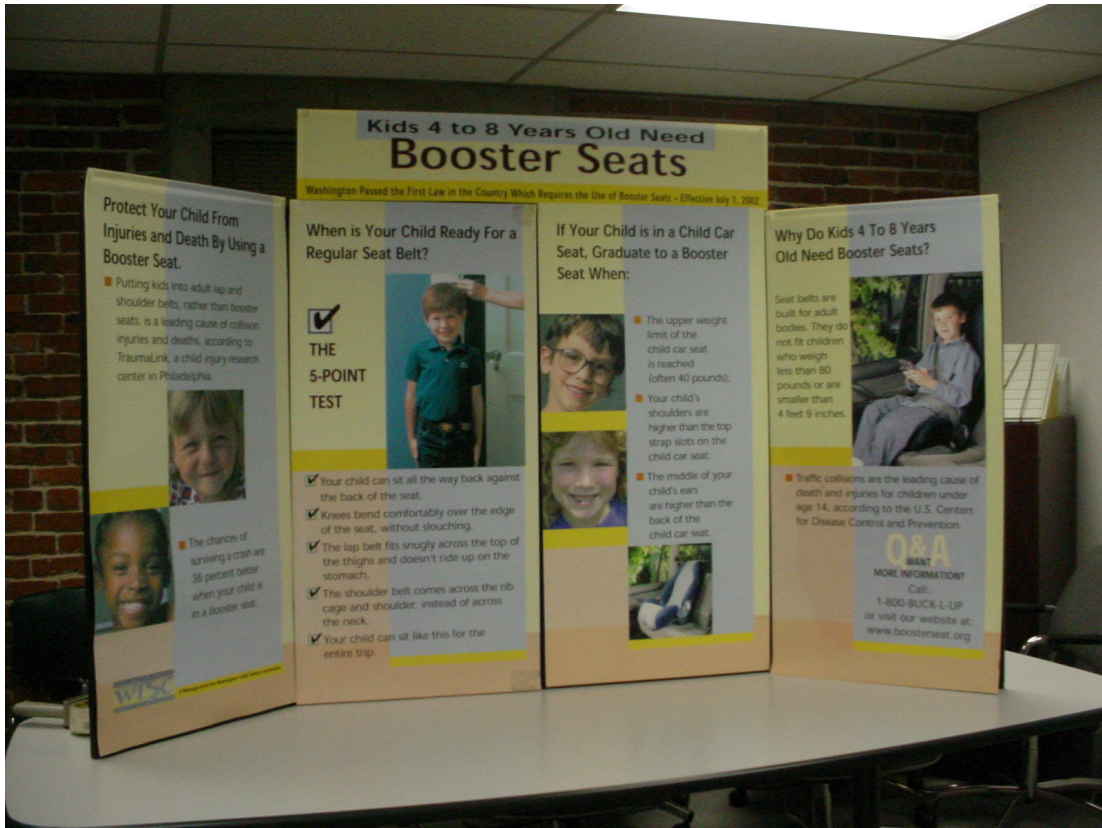
Always Buckle Up! Video



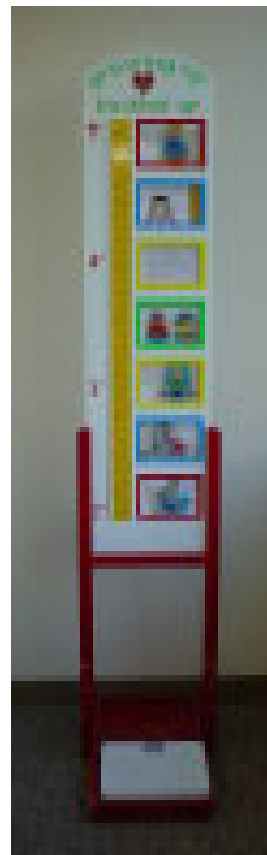
APPENDIX A

APPENDIX A

Table Display



Height/Weight Measuring Scale



Prescription Pad Forms

Front

Prescription for Car Safety

Name _____ Height _____ Weight _____

Recommendations:

____ Up to at least 20 lbs.	Up to at least 1 year old	Rear-facing Seat (infant or convertible)
____ 20 to 30 lbs.	Less than 1 year old	Rear-facing Seat (convertible)
____ 20 to 40 lbs.	Over 1 year old	Forward-facing seat with harness
____ Over 40 lbs. & under 4 ft. 9 in. tall.		Booster Seat with lap and shoulder seat belt
____ At, or over 4 ft. 9 in. tall (generally about 80 lbs and at least 8 years old).		Lap and Shoulder Seat Belt (Never put the shoulder belt behind the back or under the arm)

NOTES:

- Always follow the instructions that come with the child safety seat or booster seat.
- Always use both the lap and shoulder belt with your booster seat.
- Some booster seats come with a harness for children weighing between 30 to 40 lbs. Remove the harness when your child outgrows it, or reaches 40 lbs.
- The back seat is the safest place for all children to ride.

For more information:
Visit www.boosterseat.org or call 1-800-BUCK-L-UP.



Children's
Hospital & Regional Medical Center
Seattle, Washington



WISC
WISCONSIN INSTITUTE OF CHILD HEALTH



Back

To see if the seat belt will fit your child, try the following test.*

- Does the child sit all the way back against the auto seat?
- Do the child's knees bend comfortably at the edge of the auto seat?
- Does the lap belt fit snugly across the top of the thighs?
- Does the shoulder belt come across the center of the shoulder and chest?
- Can the child sit like this for the whole trip?

If you answer "no" to any of these questions, your child needs to ride in a booster seat.

*Used with permission from SafetyBeltSafe U.S.A.

Types of Boosters



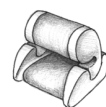
No-back booster
for cars with built-in headrests



High-back booster
for cars with or without headrests

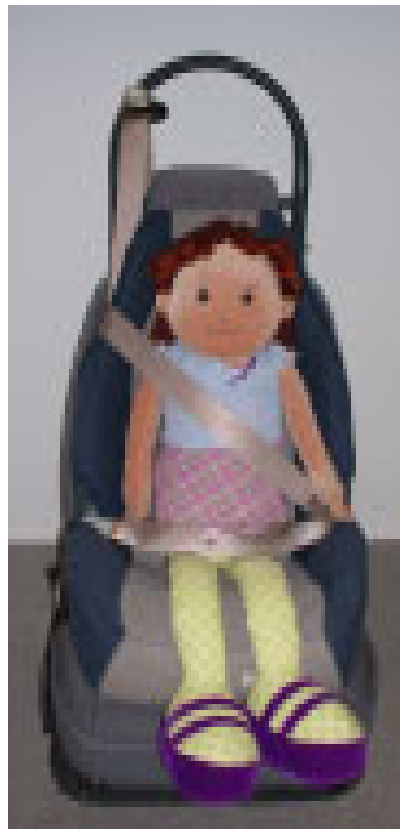


High-back booster with harness (use as a car seat with harness until 40 lbs. then remove and use as a booster seat with lap and shoulder belt)



Shield booster
Using the shield portion of this booster is no longer recommended

5/03

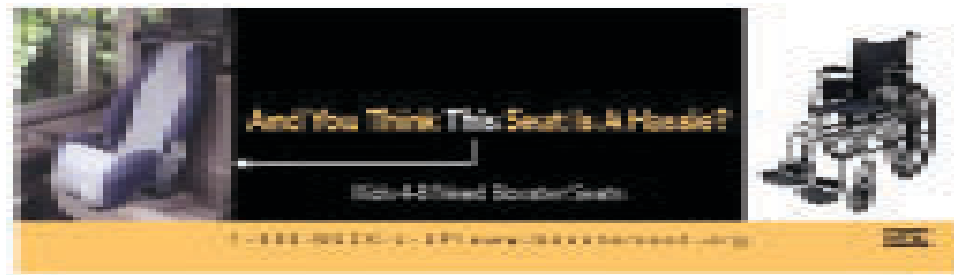


Demonstration Vehicle Seat

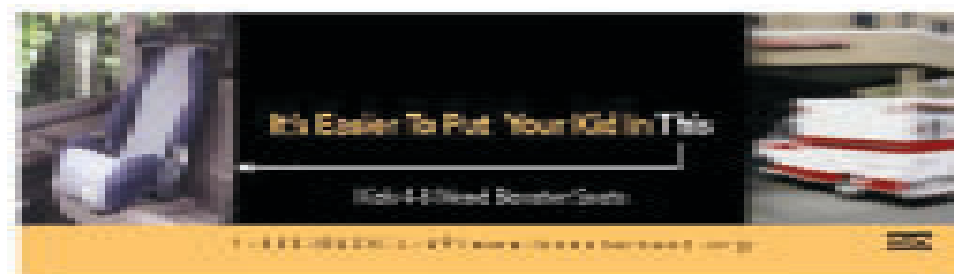
APPENDIX A

APPENDIX A

If You Think This Seat is a Hassle...



**It's Easier to Put Your Child in
This... Than This**



**Is Your Child Ready for a Seat Belt?
Think Again!
Booster Seats Required By Law**



Is your child ready for a seat belt? Think again!

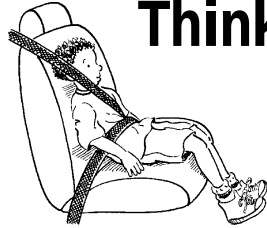
Booster Seats Required By Law
Kids 4-6 years or 40-60 pounds

www.boosterseat.org

Wisconsin WISC Children's Hospital

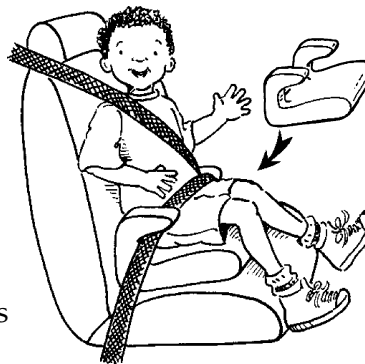
Is Your Child Ready for a Seat Belt? Think Again!

Is Your Child Ready for a Seat Belt? Think Again!



WRONG FIT

- Use a booster seat until your child is at least 4 feet, 9 inches tall, about 80 pounds or 8 years old.



RIGHT FIT

- A new law in Washington State requires booster seats.
- Always use both the lap and shoulder belt with a booster seat.

For more information or a discount coupon, visit www.boosterseat.org or call **1-800-BUCK-L-UP**.

Children's

Hospital & Regional Medical Center
Seattle, Washington

New Child Car Seat Laws Coming

Effective July 1, 2002



Babies **MUST** ride rear-facing until one year of age or 20 pounds.



Children 1-4 years or 20-40 pounds must ride in forward-facing car seats.



Children 4-6 years or 40-60 pounds **MUST** ride in a booster seat.



Not in the law, but recommended by safety experts – Kids up to age eight or 4 ft. 9 inches should ride in a booster seat.



Tickets cost \$86.00 for each unbuckled child.

CAR BOOSTER SEATS SAVE LIVES

**For more information,
call 1-800-BUCK-L-UP • www.boosterseat.org**

A message from the Washington Traffic Safety Commission



New Child Car Seat Laws Coming

Effective July 1, 2002

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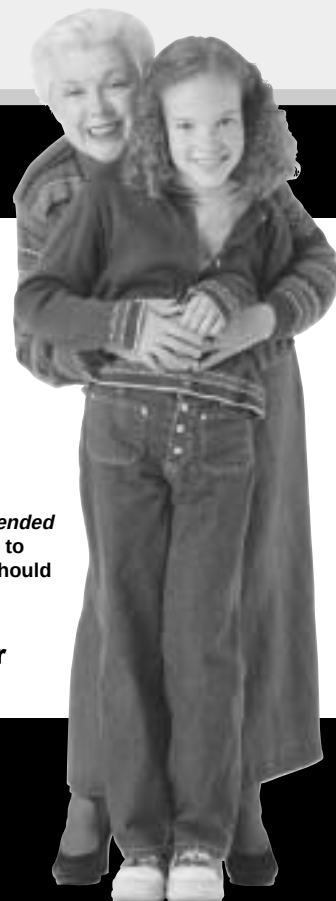
Tickets cost \$86.00 for each unbuckled child.



CAR BOOSTER SEATS SAVE LIVES

For more information, call 1-800-BUCK-L-UP
www.boosterseat.org

A message from the Washington Traffic Safety Commission



Children's Hospital radio spot -- Produced by KOMO Radio (6/21/02)

Announcer: You and your child's health is brought to you by Children's Hospital & Regional Medical Center.

Pat Cashman: This is Pat Cashman with a word about child safety in cars. I can tell you car crashes are the leading cause of death and injury among children and there's no question a number of those deaths could have been prevented with the proper use of booster seats.

Pat: For all of the facts, I'm joined by Dr. Beth Ebel, a pediatrician from Children's Hospital.

Beth Ebel: Thanks, Pat. We recommend that kids ride in booster seats until the lap and shoulder belt fits properly. That's when children are about 4 feet, 9 inches tall.

Pat: You must be this tall to wear this belt.

Beth: In fact, it's a law that kids use a booster seat, if they're between the ages of 4 and 6 years or between 40 and 60 pounds.

Pat: Describe how the booster seat works.

Beth: The booster seat puts the lap and shoulder belt in your car into a safe position across your child's lap and chest. It prevents the belt from riding up on the belly and prevents injuries to the organs. It also keeps the shoulder belt off the neck to prevent spine injuries.

Pat: Dr Ebel, do you think I would fit in booster seat?

Beth: No Pat, they're just for kids.

Annncr: For a \$10 discount booster seat coupon, visit www.boosterseat.org, that's booster seat.org.

KOMO Commercial Production

CLIENT

TITLE

WRITER

LENGTH

DW Clark

:30

DATE

ADDRESS

3/19/04

VIDEO

AUDIO

Trooper next to his cruiser and van

HI, I'M TROOPER _____ OF THE
WASHINGTON STATE PATROL, DID
YOU KNOW WASHINGTON STATE'S
CAR SEAT LAW IS CHANGING?

Kids in van buckling in

AS OF JULY 1, 2002, CHILDREN UP TO
6 YEARS OR 60 POUNDS ARE
REQUIRED TO RIDE IN A BOOSTER
SEAT.

Height/weight chart

SAFETY EXPERTS RECOMMEND THAT
CHILDREN RIDE IN A BOOSTER UNTIL
THEY'RE 4'9 OR 8 YEARS OF AGE.
MARY BRIDGE CHILDREN'S HOSPITAL
AND HEALTH CENTER CAN HELP YOU
CHOOSE THE SAFEST SEAT FOR
YOUR CHILD.

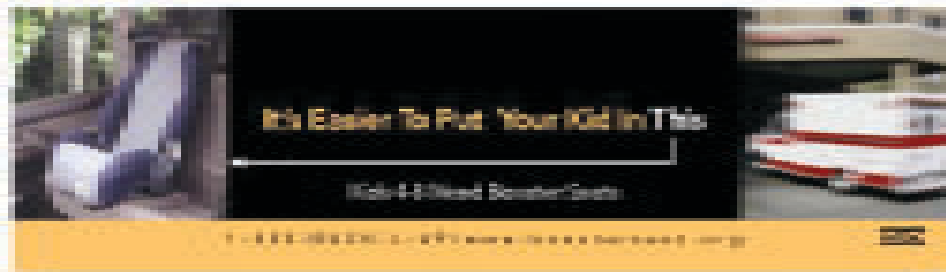
Trooper by open door of van

FOR MORE INFORMATION ON
BOOSTER SEATS, CALL (253) 403-KIDS.

Logo, phone # and other info

A MESSAGE FROM MARY BRIDGE
CHILDREN'S HOSPITAL AND HEALTH
CENTER. FOR KIDS' SAKE.

**It's Easier to Put Your Child in
This... Than This**



Your Opinions Are Wanted!

for a
Parent Focus Group Study
on

Car Safety for Children and Barriers to Booster Seat Use

Dr. Ebel from the University of Washington Department of Pediatrics and Harborview Injury Prevention and Research Center is looking for volunteers to take part in a focus group study about car safety for children. A women-only group and a men-only group will explore the experiences they have had with booster seat and seat belt use and their 4 to 8 year-old children.

Each participant will receive \$30.00 in cash and one \$5.00 coupon towards the purchase of a booster seat for their child. Refreshments will be provided! Come join us and share your opinions about the problems with car safety restraints and your child!

We are looking for men and women who:

- *are over the age of 18**
- *are the parent or primary caregiver of at least one child between the ages of 4 and 8 years old**
- *own and drive a car**
- *speak fluent English**
- *are available to meet on Wednesday, November 5th (women's group), or (date to be determined for men's group), from 6:00 to 8:00 PM at the Columbia Health Center (4400 -37th Avenue South, Seattle, WA 98118)**
- *only one parent or caregiver per family may participate**



If you match the criteria above, please call our Study Coordinator. She will tell you more about the study and will ask you some questions to be sure you qualify for participation. She will be happy to answer any questions you have!

APPENDIX B

RESOURCES FOR MORE INFORMATION

National Highway Traffic Safety Administration

<http://www.nhtsa.dot.gov/>

National SAFE KIDS Coalition

<http://www.safekids.org/>

American Academy of Pediatrics

<http://www.aap.org/>

Safe Ride News

<http://www.saferidenews.com/html/indexhome.html>

Safety Belt Safe, USA

<http://www.carseat.org/>

Partners for Passenger Safety/Children's Hospital of Philadelphia

<http://www.chop.edu/consumer/jsp/division/generic.jsp?id=76207>

Injury Free Coalition for Kids

<http://www.injuryfree.org/>

National Latino Children's Institute

<http://www.nlci.org/>

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[Update list of bibliography is available at
<http://depts.washington.edu/hiprc/about/people.html>]

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