

# Seat belts and Car seats

## The Facts!

- It has been a legal requirement for drivers to wear seat belts for 30 years.
- You're twice as likely to die in a crash if you don't wear a seat belt.
- Children must use a child car seat and applicable restraint until they're 12-years-old or 135 centimetres tall, whichever comes first. They must then wear a seat belt.
- The same rules apply for children with disabilities or medical conditions, but they can use a disability seat belt or a child restraint designed for their needs. A doctor can issue an exemption certificate if a child is unable to use a restraint or seat belt because of their condition.
- It is the driver's responsibility to make sure children under 14 years of age are wearing their seat belts.

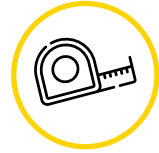


## Child Car Seats Explained

### The child car seat you choose, must:

- Conform to the United Nations standard, ECE Regulation 44.04 (or R 44.03), known as weight based car seats OR to the new i-size regulation, R129.
- Be suitable for your child's weight and size.
- Be correctly fitted according to the manufacturer's instructions.

# I-size Car Seats



## These seats:

- Have an 'E' mark label on the seat.
- Are based on the child's height rather than weight. You must check the seat to make sure it's suitable for the height of your child.
- Must be rear-facing until your child is over 15 months old. Your child can use a forward-facing child car seat when they're over 15 months old.
- Fit in cars that have Isofix fitting points, but you still need to check if the seat is approved for your car.
- Have undergone a side impact test to ensure that the seats provide better protection from side impact collisions.

# Weight based seats



## Rearward Facing Baby Seats:

- Classed as Group 0 seats and are for babies up to 10kg (approx. from birth to 6-9 months).
- Group 0+ seats are also applicable and these are for babies up to 13kg (approx. from birth to 12- 15 months).
- Must not be used in a seat with an active frontal airbag.



## High-backed Booster Seats:

- Are for children weighing 15-36kg (approx. 4-11 years)
- Only move your child to a booster seat once they have exceeded the maximum weight of the child seat or the top of their head is higher than the top of the seat.
- It is recommended that you keep your child in a high-backed booster seat rather than use a booster cushion.



## Forward Facing Child Seats:

- Classed as Group 1 seats and are for children weighing 9 – 18kg (approx. 9 months to 4 years).



## Booster Cushion:

- Are for children weighing 22-36kg (approx. 6-11 years) but it is recommended that you keep your child in a high-backed booster seat rather than use one of these.

Many child seats cover more than one group and are adjusted as the child grows. They may be called combination seats, extended seats or multi-group seats.