

## **Booster Seats—Helping Your Child Ride Safely**

Car crashes are the number one cause of injury and death for Canadian children. Booster seats prevent injuries and save lives. They are required by law for children who are:

- Under eight years of age, **or**
- Weigh 18-36 kg (40-80 lbs), **or**
- Stand less than 145 cm (4 feet 9 inches) tall

Failure to use a booster seat will result in a fine and demerit points.

Seat belts in a car are designed for adults. Booster seats help position the seat belt properly on a child so that the lap belt fits low across the hips and the shoulder belt lies flat across the shoulder and chest. This positioning reduces the chance of injury to internal organs and the spine in a crash. Children should remain in a booster seat until they can sit safely with a seat belt alone.

For children 12 years of age and under, the safest place to travel is in the back seat.

For more information, call Toronto Health Connections at 416-338-7600 or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, Booster seats).

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