



Seatbelts & Car Seats

Know how to protect you and your passengers

Car crashes can happen anytime. In 2009, 71 people were killed in car crashes in Nova Scotia; twenty-two per cent were not using a seatbelt or child restraint.

A properly fitted car seat, booster seat, or seatbelt can save your life and reduce injuries. And by law, every person in your vehicle must use one of these occupant restraints.

Infants

Infants must use a car seat that faces the back of the vehicle until they are at least one year old and weigh 10 kg (22 lbs). Some rear-facing seats can be used until your child weighs 16 kg (35 lb).

Children

Children must use a booster seat until they reach 145 cm (4'9"). A booster seat positions the adult seatbelt so that it fits older children safely.

SEATBELT INFORMATION

For more information about car seats, booster seats, and seatbelts for youth, visit www.childsafetylink.ca

Seatbelt safety tips

Regardless of how safely you drive, sudden stops and collisions do happen. You cannot control the behaviour of other drivers. Here are some seatbelt safety tips to remember:

- Seatbelts must be in good working condition.
- A seatbelt won't protect you if it is not worn properly. Take a few seconds to position the lap portion of your seatbelt snug to your body and low on the hips. Never wear the shoulder strap under your arm. It could damage your ribs.
- A seatbelt keeps the driver behind the wheel and in control during a collision. It also helps keep your head and body from hitting the inside of the vehicle.
- A seatbelt keeps you inside the vehicle during a collision, preventing you from being thrown through a windshield or door.
- Even if your vehicle is equipped with air bags, always wear your seatbelt. If you don't, you may not be in the right position to benefit from the protection air bags provide. Remember, air bags do not protect you in a roll-over or if your vehicle is hit from the side.

Source: www.saferoads.com

TIP

Underinflated tires are dangerous for everyone on the road and your car doesn't run as efficiently as it could. Check your tire pressure every month.

TIP

Slow down, save money! Every ten kilometres you drive above the speed limit increases your fuel consumption by ten percent.