



未满13岁?坐后座 并系好安全带!

为何要这样做?

汽车事故是纽约州（8至12岁）儿童死亡和受伤的主要原因。在车祸中严重受伤或死亡的大多数儿童都是因为没有系安全带。而且当坐在前排座位上时，他们也更容易在车祸时受到伤害。

父母能够做些什么来保护车内的儿童安全?

- **要求儿童在行车时坐后座并且每次都应系好安全带。**即使与其他司机一起乘车或是短程旅途都应如此，无一例外。大多数车祸皆发生在离家很近的地方。系安全带不仅仅是为了他们的安全—这亦是法律要求。
- **确保安全带合身：**
 1. 腰带应紧贴大腿上部/臀部。
 2. 肩带应穿过胸部和锁骨。切勿让您的孩子将肩带放在背后或手臂下。车祸发生时可能造成严重伤害。
 3. 您孩子的身高应足以坐直靠在车辆座椅靠背上并让双腿在座椅边缘处自然弯曲。

如果安全带不合身, 您的孩子可能需要使用经过批准的儿童安全座椅。

您所传达的信息很重要

有关的儿童调查结果表明，
父母对他们的影响最大。
如果您的孩子抗拒系安全带，
请您坚持。

- **确保您的孩子端正坐直。**如果您的孩子弯腰驼背，座椅安全带将无法正常工作。如果您的后排座椅倾斜，请让其保持直立。
- **将事情简单化并养成习惯。**为了鼓励在后座系好安全带，可以让您的孩子选择想收听的广播电台或玩电子游戏。将他们的随身物品也放在后座。
- **等到车上所有人都系好安全带后再启动车辆。**
- **儿童应该仅在成年司机陪同时才能乘车。**青少年司机更容易被卷入汽车事故中、更有可能让儿童坐在前排座位上，而且不太可能坚持系安全带。

请访问 health.ny.gov/backseat 以取得更多详情

National Highway Traffic Safety Administration（美国国家公路交通安全管理局，NHTSA）通过 New York State Governor's Traffic Safety Committee（纽约州州长交通安全委员会）的拨款资助



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Under 13? **Backseat and Buckle up!**

What's the issue?

Car crashes are a leading cause of deaths and injuries among New York State tweens (8 to 12 year olds). Most tweens seriously injured or killed in crashes were not wearing seat belts. They are also more likely to get hurt in crashes when riding in the front seat.

What can parents do to keep tweens safe in the car?

- **Require tweens to ride in the backseat and wear seat belts every time.** No exceptions, even when riding in the car with other drivers or when the trip is short. Most crashes happen close to home. Wearing seat belts is not only for their safety – it's the law.
- **Make sure seat belts fit properly:**
 1. The lap belt should be snug and low across the upper thighs/hips.
 2. The shoulder belt should cross the chest and collarbone. Never let your tween put the shoulder belt behind the back or under the arm. Serious injuries can occur in a crash.
 3. Your child should be tall enough to sit up straight against the vehicle seat back and have legs bend over the edge.

Your child may need to use an approved booster seat if the seat belt does not fit properly.

What You Say Matters

Tween survey results indicate that parents have the most influence.
If your tween resists, insist.

- **Make sure your tween sits up straight.** Seat belts will not work properly if your child is slouching. If your rear seat reclines, keep it upright.
- **Make it easy and a habit.** To encourage buckling up in the backseat, let your tweens pick the radio station or play electronic games. Keep their belongings in the backseat with them.
- **Wait until everyone is buckled up before driving.**
- **Tweens should only ride with adult drivers.** Teen drivers are more likely to be involved in a crash, more likely to let tweens sit in the front seat, and less likely to insist on seat belts.

For more information, visit health.ny.gov/backseat

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