

儿童安全座椅的基本要求

每次出行，确保车上所有乘员系好安全带。

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所有儿童必须使用安全座椅、增高椅或者安全带。

- 我的孩子总是坐在车的后排，并从不面对安全气囊而坐。
- 每次出行，确保车上所有乘员系好安全带，并正确地使用与每个人的年龄和体型相匹配的安全座椅、增高椅或者安全带。
- 我孩子的儿童安全座椅应具备完整的零件、标签和说明书，且未在碰撞中曾损坏。
- 我仔细阅读车辆和座椅说明书，确保孩子的约束带正确系上并松紧适合。
- 我孩子的儿童安全座椅从未在车祸中受损。
- 我从来不将儿童单独留在车内。



在线搜索 [Ultimate Car Seat Guide](http://www.safekids.org/ultimate-car-seat-guide) 可以查阅关于安全座椅的所有信息。请查看网址：
www.safekids.org/ultimate-car-seat-guide

两岁以下的儿童使用后朝向儿童安全座椅

- 我的孩子始终坐在车的后排，并不面对安全气囊。
- 我的孩子总是使用适合他年龄和体型的儿童安全座椅。
- 我的孩子应面朝车后方，坐在儿童安全座椅里。
- 座椅内的约束带应舒适，且不紧勒肩膀。
- 我孩子的安全座椅与汽车坚固相连，安装固定后，安全座椅的移动范围在一英寸（2.54厘米）之内。
- 我的孩子长大到不适用原安全座椅时，可使用更大的后朝向儿童安全座椅。适合体重在35磅（15.88公斤）、40磅（18.14公斤）或者45磅（20.41公斤）的儿童。
- 我从不将儿童单独留在车内。



刚学步和大点的儿童应使用顶部系带的前朝向安全座椅

如果我的孩子超过两岁，重量或者高度超过后朝向安全座椅要求的儿童：

- 我的孩子总是坐在汽车的后排座位。
- 我的孩子坐使用年龄和体型适应的安全座椅。
- 座椅内的约束带应舒适，且不紧勒肩膀。
- 我孩子的安全座椅与汽车坚固相连，座椅固定后，安全座椅的移动范围在一英寸（2.54厘米）之内。顶部系带。
- 我的孩子长大到不适用原来安全座椅时，则使用前朝向安全座椅。适合50磅（22.68公斤）或者更重的儿童。



年龄或者体型更大的儿童应使用安全腰带和斜跨肩安全带式增高垫

如果我的孩子超过使用前朝向安全座椅的重量或者高度：

- 我的孩子应坐在后排。
- 我的孩子始终使用安全腰带和斜跨肩安全带式增高垫。
- 安全腰带应该系在胯部之下，不得放在胃部。
- 斜跨肩安全带应系在我孩子的肩膀上——不放在儿童的颈部、臂下或者背后。
- 安全带应贴身、柔软、舒适。
- 8-12岁之间的儿童可能可以只使用安全带，不使用增高垫。



儿童系安全带的要求

如果儿童成长到不需要使用增高垫：

- 我的孩子小于13岁时，他总是坐在汽车后排座位上。
- 我的孩子总是使用安全腰带和斜跨肩安全带。
- 安全腰带应该系在胯部之下，不得放在胃部。
- 斜跨肩安全带应系在孩子的肩膀上——不得放在孩子的颈部、臂下或者背后。
- 我孩子的背部应紧靠车后座，膝盖应在座椅前边缘下方，在整个乘车过程中都应该保持这一姿势。
- 安全带应贴身、柔软、舒适。如果无法正确使用安全带，我的孩子必须使用增高垫。



BASIC CAR SEAT SAFETY

Be sure to buckle up the right way on every ride!

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All children must use a car seat, booster seat or seat belt.

- My child always rides in a back seat and never in front of an airbag.
- Everyone in my car buckles up on every ride using the right car seat, booster seat or seat belt for each person's age and size.
- My child's car seat has all of its parts, labels and instructions and has never been in a crash.
- I follow the instructions for my car and my car seat so that my child is buckled in right and tight.
- My child's car seat has never been in a crash.
- I never leave my child alone in a car.



Use our online [Ultimate Car Seat Guide](http://www.safekids.org/ultimate-car-seat-guide) for information on all your car seat needs.
www.safekids.org/ultimate-car-seat-guide

Babies under 2 use rear-facing car seats

- My child always rides in a back seat and never in front of an air bag.
- My child always rides in a car seat made for his or her size and age.
- My child sits facing the back of the car in his or her car seat.
- The harness straps are snug on my child, and I can't pinch the buckled strap at the shoulder.
- My child's car seat is buckled tightly in the car and doesn't move more than one inch when I pull it where the seatbelt is buckled/attached.
- My child uses a bigger rear-facing car seat until he or she outgrows the harness. Many harnesses go to 35, 40 or 45 pounds.
- I never leave my child alone in a car.



Toddlers and big kids use forward-facing car seats with a top tether

If my child is over age 2 AND has outgrown the weight or height limits for the rear-facing seat:

- My child always rides in a back seat.
- My child always rides in a car seat made for his or her size and age.
- The harness straps are snug on my child, and I can't pinch the buckled strap at the shoulder.
- My child's car seat is buckled tightly in the car and doesn't move more than one inch when I pull it at the belt path. I use the top tether.
- My child uses this car seat until he or she outgrows the harness. Many harnesses go to 50 pounds or more.



Older, bigger kids use booster seats with lap and shoulder seat belts

If my child has outgrown the weight or height limit of the forward-facing car seat:

- My child always rides in a back seat.
- My child always rides on a booster seat using a lap and shoulder seat belt.
- The lap belt sits low on his or her hips, not the stomach.
- The shoulder belt is on my child's shoulder – not on the neck, under the arm or behind the back.
- The seat belt is snug, flat and comfortable on my child.
- My child may be between 8-12 years of age before the seat belt fits without a booster.



Kids ready for seat belts

If my child has outgrown the booster seat:

- My child always rides in a back seat until age 13.
- My child always uses a lap and shoulder seat belt.
- The lap belt sits low on my child's hips, not the stomach.
- The shoulder belt is on my child's shoulder – not on the neck, under the arm or behind the back.
- My child's back is firmly against the vehicle seat back, his or her knees bend at the front edge of the vehicle seat, and he or she can sit this way for the whole ride.
- The seat belt is snug, flat and comfortable on my child. If the seat belt does not fit right, my child must use a booster seat.

