

10 Tips for a Safe Ride Every Time

3 out of 4 car seats are used incorrectly... is yours?



DOERNBECHER
CHILDREN'S
Hospital

2
years

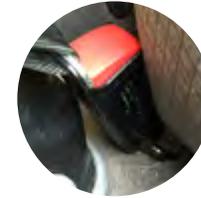
Oregon law requires children to ride **rear facing** in a car seat until at least 2 years old.



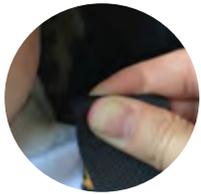
Be sure your child meets the recommended **height and weight limits** of the car seat.

40
lbs

Oregon law requires children **under 40 pounds** to use a car seat with a harness.



Always install car seats **in the back seat** using the vehicle's seat belt or LATCH.



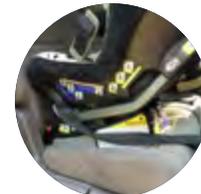
Fit the harness snugly so it isn't loose. You should **not** be able to **pinch** any extra harness strap at the shoulder.



Harnesses must be: **at or below** shoulders for **rear-facing** car seats; **at or above** shoulders for **forward-facing car seats**.



Place the chest clip at **armpit level**, away from the neck.



The safest place for your child is in the **back seat** until at least 13 years of age.



Always **follow the instructions** from your car seat and vehicle manufacturers.



NEVER place a rear-facing car seat in front of a frontal airbag.

Questions? OHSU Doernbecher Safety Center can help. Call to schedule an appointment to have your car seat checked by a Certified Child Passenger Safety Technician.

OHSU Doernbecher Safety Center
503-418-5666 | safety@ohsu.edu
www.doernbecher.com/carseatoutreach