

A Few Handy Tips



Keep these tips in mind when in the car.

- Where possible always place children in the rear seat of the car.
- The centre lap belt should be fastened even when not in use.
- Utilise the child safety locks on rear passenger doors.
- Movable items should be secure, eg. animals, toys, handbags.

Used Restraints

- Ask the owner for the restraint's history. If it has been in an accident **do not use it**.
- The restraints must have the Australian Standards sticker.
- Make sure the restraint is not more than 10 years old.
- Check straps and the plastic shell for signs of wear or damage.
- Check that the harness buckle, tether strap and adjusters all work correctly.

ALWAYS MAKES SURE EVERYONE'S SEATBELT OR RESTRAINT IS FASTENED, INCLUDING YOUR OWN.

Exemptions

Exemptions from the requirements are allowed only in the following situations:

- The driver has a medical certificate stating that the child does not need to wear a restraint/seatbelt.
- The driver's vehicle is not required to be fitted with a child restraint.
- A sudden or extraordinary emergency arises.
- The child is travelling in a taxi or hire car that is not equipped with a restraint (in this case, however, children may not ride in the front seat).
 - ACT taxis have at least one anchorage bolt or fitting to enable the use of a child restraint. When you book a taxi, ask for it to be fitted with a child restraint.

More Information

Kidsafe operates the Infant Restraint Loan Service. To find out about a free restraint check, or to loan child restraints, contact:

The Kidsafe Centre (ABN 55 756 024 270)
Pearce Centre Collett Pl, Pearce ACT 2067
Ph: (02) 6290 2244 www.kidsafe.com.au

Road User Services
Department of Territory and Municipal Services
Vehicle Inspection and Technical Unit
13-15 Challis St, Dickson ACT 2602
Ph: (02) 6207 7012 or (02) 6207 7018

NRMA Insurance is a proud to have partnered with Kidsafe for over five years. For further information on NRMA Insurance's community partners, visit nrma.com.au/community



Child Accident Prevention Foundation of Australia

Carrying Children Safely in Cars



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Ensure You're Carrying Your Child Safely

Sadly, road trauma accounts for 40% of childhood injury, generally because the child is not correctly wearing a restraint or seatbelt. Car restraints save lives, but only if suitable, approved restraints for each child are fitted and used correctly.

Read this brochure to make sure you understand the basic requirements and exemptions for carrying your children safely.

Basic Requirements

According to Australian law, whenever a child travels in a vehicle, the following rules apply:

- Every child under the age of 12 months must be restrained in a suitable approved child restraint.
- All children over the age of 12 months but under 16 years of age must be restrained in either a suitable approved child restraint or seatbelt.
- All child restraints and seatbelts in use must be properly fastened and adjusted.
- No more than 1 child or adult may use a restraint or seatbelt at a time.
- All child restraints must meet the Australian Standard AS 1754. Check restraints for this label to make sure they comply.



FAILURE TO COMPLY WITH THE ABOVE REQUIREMENTS IS A SERIOUS OFFENCE; DRIVERS WHO DO NOT ENSURE ALL CHILDREN IN THEIR VEHICLE ARE PROPERLY SECURED ARE LIABLE FOR SUBSTANTIAL FINES AND DEMERIT POINTS.

Age & Weight Appropriate Restraints



Keep in mind that car seats are designed for adults, not children. The longer your child stays in suitable restraints, the better. It's important that your child is fitted correctly in the restraint so if you stop suddenly, or have an accident, they are strapped in securely. Don't move your child to the next type of restraint until they reach the top of the height or weight range.

For your child's safety ensure the restraint is:

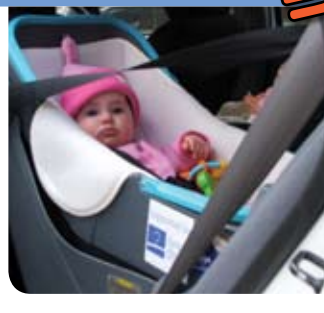
- Suitable to their size and weight
- Fitted correctly; and
- Meets Australian standards.

Follow the guide below to make sure your child is in the appropriate restraint.



Baby Capsule

- Suitable for babies weighing up to 9kg and measuring up to 70cm long.
- Approximate age range: 0-6 months.



Convertible Restraint

- Suitable when being used **Rearward Facing** for babies weighing up to 12kg and measuring up to 70cm or 85cm long (depending on brand of restraint).
- Also suitable when being used **Forward Facing** for children weighing from 8-18kg.
- Approximate age range:
 - Rearward Facing** 0-6 months.
 - Forward Facing** 6 months-4 years.



Child Car Seat

- Suitable for children weighing 8-18kg.
- Approximate age range: 6 months-4 years.



Booster Seat

- Suitable when being used with a **Lap-Sash Seatbelt** or with a **Child Safety Harness** for children weighing 14-26kg.
- Approximate age range: 3-7 years.



Child Safety Harness

- Suitable for children weighing 14-32kg.
- Can be used with a booster seat.
- Approximate age range: 3-10 years.

