

Child Restraints

Always put children in an Australian Standards approved, age-appropriate and correctly fitted child restraint. By law, at a minimum, children should be in the following restraints:

- **Under 6 months** – rearward facing car seat or baby capsule
- **6 months to 4 years** – rearward facing car seat or baby capsule OR forward facing car seat
- **4 years to 7 years** – forward facing car seat OR booster seat

It is always safer to keep children in the earlier type of restraint until they have physically outgrown it. A child has outgrown their restraint if they are over the upper weight limit (if applicable to the seat), their shoulder is above the shoulder marking (if applicable to the seat) or their eye level is above the top of the seat.

Make sure your restraint is correctly fitted. Remember you can visit any of Kidsafe ACT's locations for advice or a free restraint check.

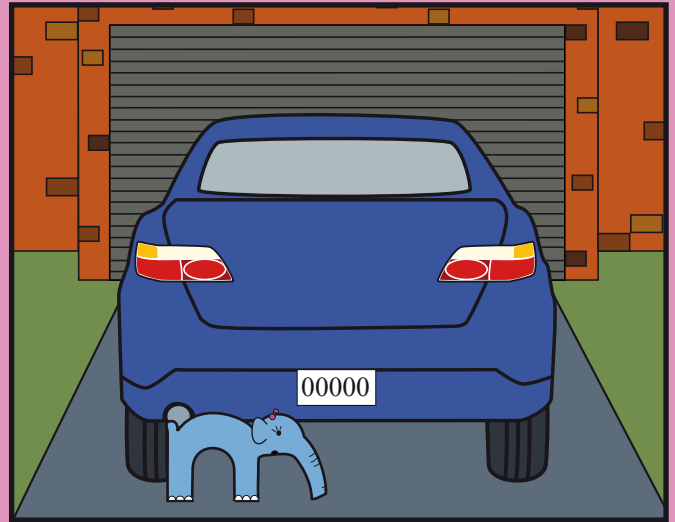
Restraints should not be used if they are over 10 years old or have been involved in an accident. Check restraints regularly for wear and tear and replace any parts that are compromised.

Make sure harnesses and seatbelts are adjusted to fit the child firmly each time they travel.



Child Accident Prevention Foundation of Australia

Car and Pedestrian Accidents



For More Information

Kidsafe ACT

(02) 6290 2244

The Kidsafe Centre

Collett Place, Pearce

www.kidsafeact.com.au

Canberra Connect

<http://www.tams.act.gov.au/>

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Children are at risk of serious injury from car and pedestrian accidents. It is the leading cause of death and injury to children over 5 years of age. Using Australian Standard approved, age-appropriate, correctly installed child restraints and seatbelts help to protect children in vehicle accidents and is required by law in Australia. Children need to be provided with a safe place to play away from vehicles, be supervised at all times when around vehicles and be taught the skills they need to be safe pedestrians.

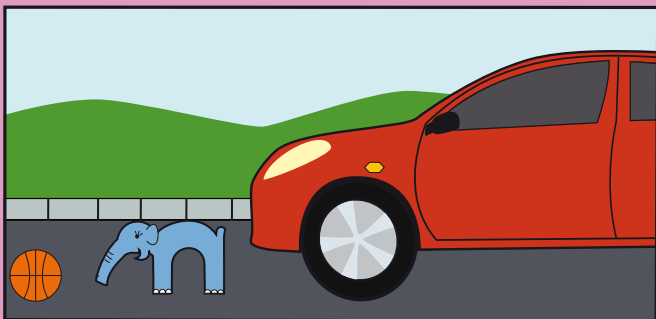
Driveways and Carparks

Driveways and carparks are particularly dangerous for young children because it is hard for drivers to see behind the car when reversing.

Always check around your vehicle before driving and know where children are whenever a vehicle is being moved, especially in or out of driveways. Children should be either inside the vehicle, inside the home or holding the hand of a responsible adult.

Never use your driveway as a playspace. If you need to use the front yard use security doors, fencing and gates to restrict access to the driveway and road.

Reversing cameras are a good extra safety feature but they do not replace the need for adult supervision and knowing where children are at all times.



Pedestrian Safety

Children under 10 years of age need to be supervised at all times near traffic. Adults around them can help model safe behaviour and teach them the skills they will need to be safe pedestrians.

Hold your child's hand when crossing the road and only cross at pedestrian crossings and traffic lights. Talk about road signs, traffic lights and safe places to cross and explain words such as "fast", "slow", "near" and "far".

Teach children to:

STOP at the kerb

LOOK, both ways, for traffic

LISTEN for traffic

THINK, decide whether it's safe to cross

From 10 to 13 years of age, children can cope more safely in traffic on their own. However the busier the roads they must cross, the older they need to be. Plan safe routes and practice them together, especially for walks to school and other places visited regularly. Make sure your child wears light or brightly coloured clothing that is easy for drivers to see.

Play inside or out the back of the house if there is no gate out the front

Never let children play near or on the road or driveway

