

## **“Child Passenger Safety Basics”**

Presentation for Children’s Clinic of Conway and Greenbrier

# Pre-Test





HOSPITALS • RESEARCH • FOUNDATION

# Child Passenger Safety (CPS) Basics

**Hannah Branton, BS, CHES, CTTS, CPSC, CPST**

***Outreach Specialist***

***Trauma Program***




# Goals:

- How to assess car seats for appropriateness, fit, and safety
- Gain some helpful resources to relay to families
- How to answer most common questions from parents.



# Agenda

1. General CPS info
  2. Types of car seats and appropriate use
  3. How to get families in touch with a Child Passenger Safety Technician (CPST)
  4. FAQ
  5. Hands on practice
- 

# Crashes are violent

***Approximate formula:***

Weight x Speed = Restraining Force

10 lb baby x 30 mph = 300 lbs  
of *restraining force* is needed





# Car Seats Do Their Job!

Correctly used child restraints are:

- 71% effective in preventing fatalities for infants
- 54% effective in preventing fatalities for toddlers

90% of all car seats are  
used incorrectly







# Arkansas Child Passenger Protection Law

All children under age 15 must ride in a **child passenger restraint system**:

- Federal approved child safety seat until child is 6 years old OR weighs 60 pounds (*better practice is 8 years old, 80-100 pounds or 4'9" tall; best practice is for child to pass 5-step test before graduating to seatbelt only*)
- Seat belt until age 15 regardless of seating position in vehicle (*best practice is seat belt for life*)
- No smoking in vehicle with children under 15 years of age
- Fine \$25-\$100 per child

# Types of Car Seats



Infant Carrier  
(Rear facing only)



Convertible seat  
(Rear & forward facing)



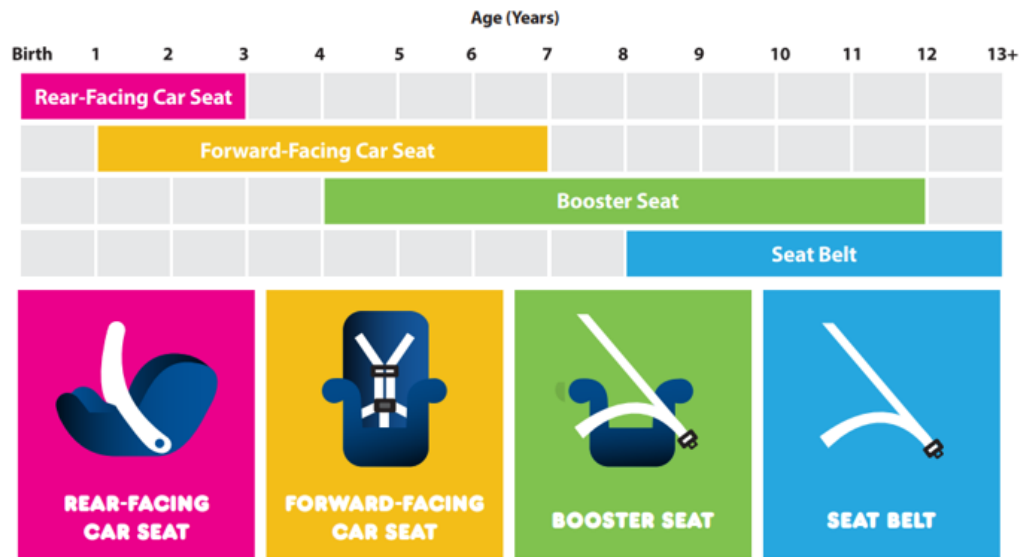
Combination seat  
(Forward facing only)



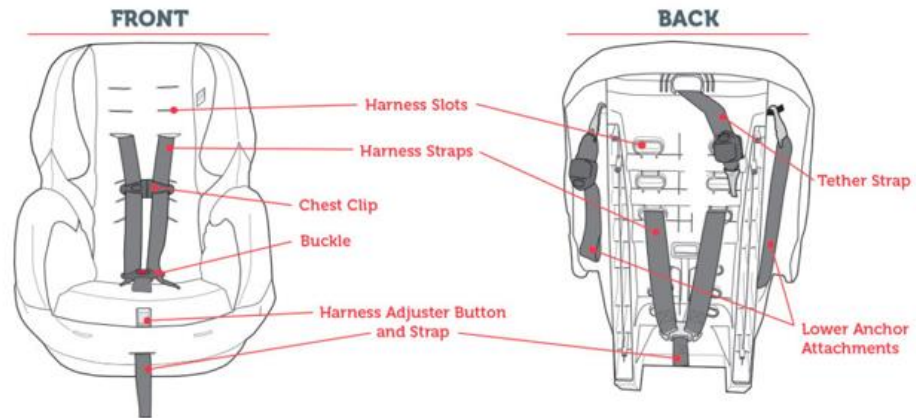
High back booster



Backless booster



# Car Seat Parts



# Label Requirements

- ✓ Manufacturer's name
- ✓ Model number
- ✓ Basic installation instructions
- ✓ Weight and height guidelines
- ✓ Air bag warning for rear-facing restraints
- ✓ Meets Federal Safety Standards (FMVSS 213)

# Federal Motor Vehicle Safety Standards (FMVSS) 213



Each seat must have a label that states that the seat complies with those safety standards.

# Checking a car seat

How do you know your patient's car seat is safe?

- Safety check
  - ✓ Car seat is not expired
  - ✓ Owner knows the history of the car seat
  - ✓ All required parts are present including labels
  - ✓ Car seat has not been recalled

# Safety Check: Recalls

## How do you know if a car seat is recalled?

- The car seat and base both should be present, when possible.
- Find manufacturer name, date, and model number/name.
- Look up the car seat at [nhsta.gov/recalls](https://www.nhtsa.gov/recalls)





# Rear-facing Correct use and Recline

## Rear-facing Car Seat



### Birth until age 2-4\*

- ✓ Child's head is at least 1" below top of car seat.
- ✓ Harness straps are at or below child's shoulders.
- ✓ Chest clip is buckled and at armpit level.
- ✓ Harness straps are snug; you can't pinch them.

\*As long as possible, until they reach the maximum weight or height limit of their rear-facing car seat.

Keep children properly buckled in the back seat until age 13.  
Never place a rear-facing car seat in front of an active airbag.

[www.cdc.gov](http://www.cdc.gov)

If needed, use rolled blankets on either side of the baby to take up space **NEVER** put anything behind or under baby that didn't come with the car seat



Recline Foot on Base Extended to Achieve Proper Recline Angle



RF should be semi-reclined, no more than 45 degrees.

Recline angle prevents infant's head from falling forward

## After Market Products

- Only use items that come with the car seat (harness covers, head pillow, infant insert). Never put a bundled infant in a car seat.
- Use rolled blankets and soft, lightweight toys in the car. Secure projectiles.
- Window shades, mirrors, and toy bars are not recommended.

# Correct use Forward Facing

## Forward-facing Car Seat

**After outgrowing rear-facing car seat and until at least age 5\***

- ✓ Hook and tighten the car seat's tether.
- ✓ Harness straps are **at or above** child's shoulders.
- ✓ Chest clip is buckled at armpit level.
- ✓ Harness straps are snug, you can't pinch them.

\*Until they reach the maximum weight or height limit of their forward-facing car seat.



**Keep children properly buckled in the back seat until age 13.**

[www.cdc.gov](http://www.cdc.gov)

# Installation Tips

- Car seat should not wiggle more than 1 inch back and forth or side to side
- Seat belt or lower anchors?
  - Parents preference
  - Child size
  - Car type and number of children
- Always use tether when facing forward
- **READ THE MANUAL**

*ONLY certified CPS Technicians can teach parents how to install a car seat!*

# Correct Use Booster Seat

## Good Seat Belt Fit with Booster Seat

- ✓ Shoulder belt is across the center of the shoulder and chest (not across the neck or face, and not off the shoulder).
- ✓ Lap belt is across the upper thighs, not the stomach.
- ✓ Seat belts go under the booster's armrests.



Keep children properly buckled in the back seat until age 13.

[www.cdc.gov](http://www.cdc.gov)



# 5-Step Test

1. Child can sit comfortably with a straight back against the seat back.
2. The child's knees bend comfortably at the edge of the seat.
3. The shoulder belt crosses between the neck and arm.
4. The lap belt is as low as possible, touching the thighs or low on the hips.
5. Child can stay seated like this for the whole trip.





## Connecting Families with Child Passenger Safety Technicians

- Technicians are available across the state to perform car seat checks and provide education to families, free of cost.
- Use the public [IPC page](#) to find a tech and provide information to families who need their installation checked, or who are having any issues with the fit of their child's seat.
- Once a month in Central Arkansas, ACH hosts a [Car Seat Check-Up](#) event. To be added to the email list to receive announcements about these events, contact Heather Smith ([smithH3@archildrens.org](mailto:smithH3@archildrens.org))
- Patients can make a car seat appointment with us by calling 501-364-3400

# Technicians Near You

## Conway

## Greenbrier

Name	Location/Contact	Languages	Certification	Extra Training	Name	Location/Contact	Languages	Certification	Extra Training
Lucas A Babcock	Conway Police Department 1105 Prairie Street Conway, AR 72032 501-277-0036	English	Technician		Dawn D. Yoder	Baptist Health Wellness Pregnancy Center 22 Silver Springs Drive Greenbrier, AR 72058	English	Technician	
Matthew Boyd	Conway Police Department 1105 Prairie St Conway, AR 72032	English	Technician	Safe Travel for All Children					
Tyler A. Burgan	Conway Police Department 1105 Prairie St Conway, AR	English	Technician						
Sarah E Duck	Conway Regional Health System 2302 College Avenue Conway, AR 72034 501-513-5222	English	Technician						
James Mitchell Jr	Conway Police Department 1105 Prairie Street Conway, AR 72032		Technician						
Bethany N. Stubbe	Conway Police Department 1150 Prairie St Conway, AR 72032	English	Technician						

Scan to search  
for techs  
worldwide





# FAQ

- My baby hates their car seat. How do I fix it?
- My baby looks way too small in the car seat, can I put something around him to make him more comfortable or do I need a new car seat?
- My toddler is kicking the back of the seat, doesn't that mean they need to turn to face forward?
- Do I have to spend a lot of money for my child to be safe? Are the expensive car seats really safer?
- Can I use one of those mirrors so I can see my baby from the rear-view mirror?

# Practice

Work in groups to fit your baby in the correct car seat, the correct way, applying what you have learned today.

- ✓ Check the baby's weight and the car seat's label
- ✓ None of the seats we are using for this activity have been recalled, but do you remember how to check?
- ✓ Fit baby into the car seat.
  - Remember:
    - Harness slot height
    - Pinch test

# Thank You!

Hannah Branton, BS, CHES, CTTS, CPSC,  
CPST

Trauma Program

[BrantonHR@archildrens.org](mailto:BrantonHR@archildrens.org)



# Post-Test

