

April 2020

Welcome



- Thank you for coming.
- Introduce yourself and tell us why you are here.
- What you learn today will prepare you to:
 - Explain how car seats and seat belts save lives and make people safer.
 - Discuss why all passengers should ride buckled up and kids should sit in a back seat.
 - Talk about the basic types of car seats.
 - Tell others about the importance of buckling up.

DISCUSSION: Introduce yourself. Tell a little about why you are leading the session. Remind people where bathrooms and fire exits are located. Ask people to silence phones. Be ready to do the short pre-test and post-test to see what people learned.

This meeting will prepare you to talk with caregivers about why it is important to buckle up. **This is not a certification.**

Your Goals for the Day



I would like to:

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Group discussion: Remind attendees that this will not prepare them to help people install their car seats. This is an overview of why everyone should ride buckled up with kids in a back seat.

Car Crashes and Safety



- Crashes affect children and their families in every country.
- Injuries are reduced by the safety that is built into a car.
- Crashes are different for young children who need extra protection to be safe.
 - Children should ride in a back seat.
 - Car seats and booster seats protect children until the adult seat belt fits.



Discuss any (country, region or local) data you have on crashes or the number of people hurt or killed in them. You may want to share stories from the newspaper. If not already working with health and traffic professionals, talk to physicians, hospital staff, the health or transport ministries, first responders (ambulance, police) and University staff. If possible, highlight numbers specific to children.

Data helps to pass laws and build programs. If you do not have data, talk about how you can work together to get started.

Activity



- Do we have any laws that protect adults or children in cars?
- Who might be able to work on or strengthen our laws?
- What does our law say about keeping children safe in cars?

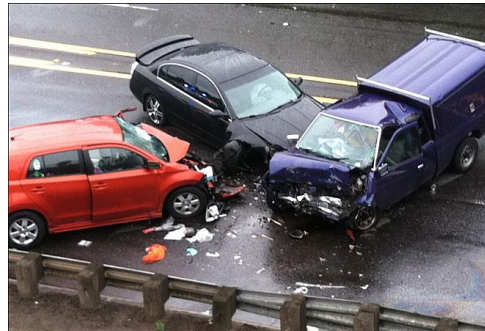
DISCUSSION: Have a copy of any current laws available so you can tell the class the details related to children. If there is no law, how can you work with the people collecting injury information to make a law? What should the law include?

If there is a law: Does the law require children to ride in the back seat, must a car seat be used? At what age can a seat belt be used? Is there a fine? Are there other penalties? Is it enforced? What do they think of the law? Did anyone know of the law before this class?

Car Crashes Impact Us All



- Have you or someone you know been in a car crash?
- Can you tell us about it?



DISCUSSION: Actually anyone who is on the road (pedestrians, bicyclists, motorcyclists, drivers and passengers in cars) are at risk when a crash occurs. Being safe (using seat belts and car seats, bike and motorcycle helmets and being aware when walking) can reduce risk.



ALERT: This presentation includes crash test videos with dummies.

DISCUSSION: Even with an airbag in your car, you need to buckle your seat belt. Airbags protect adults. They are not designed to protect small children and babies.

What About You?



ALWAYS BUCKLE UP.

SOMETIMES BUCKLE UP.

NEVER BUCKLE UP.

DISCUSSION: Ask the group why they do or do not buckle up themselves. What excuses have they heard from others who do and don't buckle up? What would they say to someone in their car who did not want to buckle up? Has anyone ever been scared in someone else's car and wanted to use a seat belt? Did they buckle into a seat belt or stay scared?

What People Say About Not Buckling Up



- I would rather be thrown out of the car.
- I will be trapped in the car.
- I can hold myself in place in a crash.
- I am afraid of the car catching on fire.
- I am a good driver.

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DISCUSSION- Seat belts and car seats keep drivers and passengers inside the car and protected from the road and other cars in a crash. To be thrown out of the car, they have to go through a window, sunroof or windshield.

They have a better chance of getting out of the car alive if they are alert. They are not strong enough to stay in position without the seat belt during the crash (will be discussed later).

Making Kids Safer In Cars



USE BACK SEAT

UNDER 13 YEARS OLD

USE SEATBELT

USE CAR SEAT

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DISCUSSION: Start talking about making their kids one step closer to better safety.

Even in countries where there are no or few car seats available, kids are safer when they move to a back seat. Even safer is using a seat belt. The best way to make kids safer is to use a car seat in a back seat. If there is no seat belt, they are still safer in a back seat.

Making Kids Safer In Cars



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DISCUSSION: Keep talking about making their kids one step closer to better safety.

Where can people buy car seats? Are they expensive? Are they easy to find? Are car seats promoted?

Do you know people who use car seats? Do you know anyone who always buckles up? Do you buckle up when you ride with them?

Back Seats Are Safer



- No airbag
- Farther away from crashes to the front of the car which are most common



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DISCUSSION: When there is no back seat, like in a truck, it is best to use a seat belt for adults and turn off an airbag if a small child is riding in a car seat in the truck. Cargo areas in the back of a truck or van are not safe for children.

Each person deserves their own seat belt. Don't ride where there is no seat belt, don't share seat belts, don't sit on someone's lap.

Kids Need Adults to Keep Them Safe



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DISCUSSION: Adult seat belts, while better than nothing, are not designed to protect small children and babies. Car seats are designed to keep kids safer. Use car seats for children.

Kids Do What Adults Do



- Kids are more likely to buckle up if adults are buckled up.



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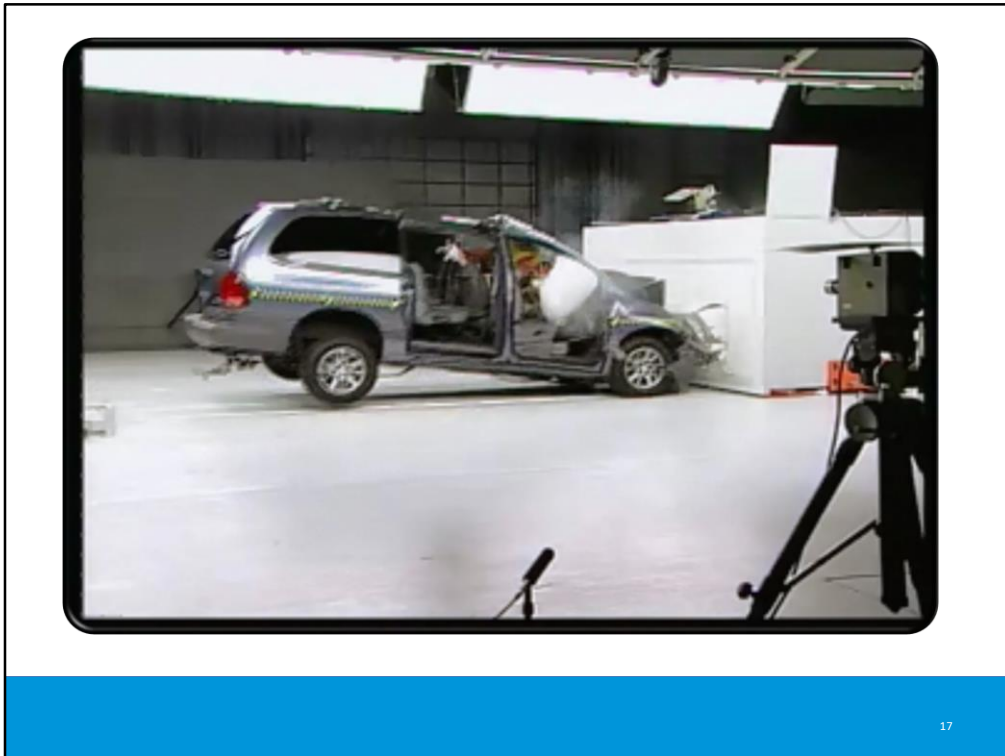
DISCUSSION: Adults are role models for children in many ways. Kids want to be just like their parents. Has a child ever done what you have done because they saw you doing it first? Have you changed what you do because a child was watching you?

3 Collisions in a Crash

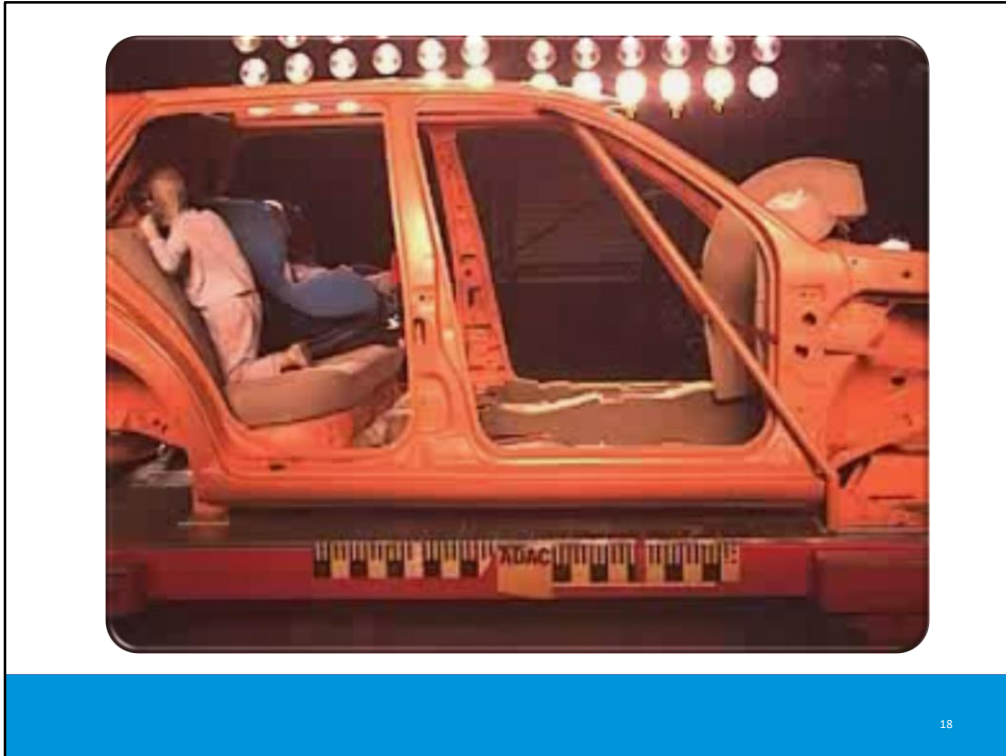


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DISCUSSION: This video shows that there are three collisions in a crash. What happens during a collision to your body?



DISCUSSION: There is airbag protection for the adult. There is no safety for these children. What happens to these kids?



DISCUSSION: Which child is safer: Buckled or unbuckled?

The child in the car seat or buckled in with the seat belt stays in position. The child without a car seat flies forward until he hits the dashboard. Car seats are best for safety, seat belts are the next best for safety. Kids are always better off in a back seat.

Why Car Seats Work



Car seats keep the child in the car.

They protect the head, spine and neck.

They spread crash forces over a large part of the body.

They hold a child at the shoulders and hips - the strongest parts of the body.

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DISCUSSION: You are safer in the car during and after a crash. The car seat protects the child's head, neck and spine. The harness that holds the baby's hips and shoulders spreads the energy from the crash across a big part of the baby's body. The harness slows the baby's body down as the car comes to a sudden stop.



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DISCUSSION: What do you see?



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DISCUSSION: Unlike the video before this, the dad is buckled and he still can't hold onto his baby during the crash. In the video before this one, the mom could not help herself or her baby.

What Did You See?



- How strong do you have to be to hold a child in a crash?
 - The car seat or seat belt is stronger than you.
- How strong would you have to be to hold onto the baby?
 - Weight times speed. **(EXAMPLE: 50 kph X 20 kg)**

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DISCUSSION: Tell the class the way to determine how strong you have to be to stay in place during a crash is simple. Multiply the weight of the person times the speed the car is going. Seat belts are made to keep very heavy people in place even at high speeds.

Example: Child weighs 10 kg and the car is going 50 kph. How much will the child actually weigh during a crash (Answer: $10\text{kg} \times 50\text{ kph} = 500\text{kg}$)

How much would you weigh in an 100 kph crash? Multiply your weight times 100.

Activity



A friend tells you they do not want to buckle up in your car because they would rather be thrown out of the car during a crash.

- What do you say?

DISCUSSION: This is a time for the class to practice telling each other how to talk to their friends and families. Sometimes, they are the hardest people to convince to stay safer in cars.

Activity



A child is riding on the grandmother's lap while the grandfather drives.

- What is the safer option for the child?

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DISCUSSION: Breaking old habits can be hard. Maybe this grandparent has always carried her children and grandchildren this way. How will you talk with her about what you now know about child passenger safety?

ANSWER:

Back Seat

Buckled into a seat belt or car seat



TYPES OF CAR SEATS

Group 0/0+ (Europe) / Rear-facing only (USA)



- For babies from birth up to the maximum weight or height limit allowed by the car seat manufacturer
 - Comfortable
 - Rear-facing protects the head, neck and spine the best
 - Reclined to keep the head back so baby can breathe



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DISCUSSION: Very young babies have heavy heads and their fragile necks can't hold them up. They need extra safety, extra protection. They always ride facing the back of the car. All Group 0/0+ car seats are made to work that way.

DISCUSSION: As adults, we have to protect our heads and necks, too. Have you or anyone you know, hurt their necks in a crash? Are you (or they) still having problems?



DISCUSSION: Parents sometimes worry about a baby facing the back of the car because they can't see them. There are other times when they are not seeing their children, like when they sleep, and they are just as safe. Parents who worry about this should still keep the baby rear-facing but they can stop the car and check the baby as often as they want until they feel better.



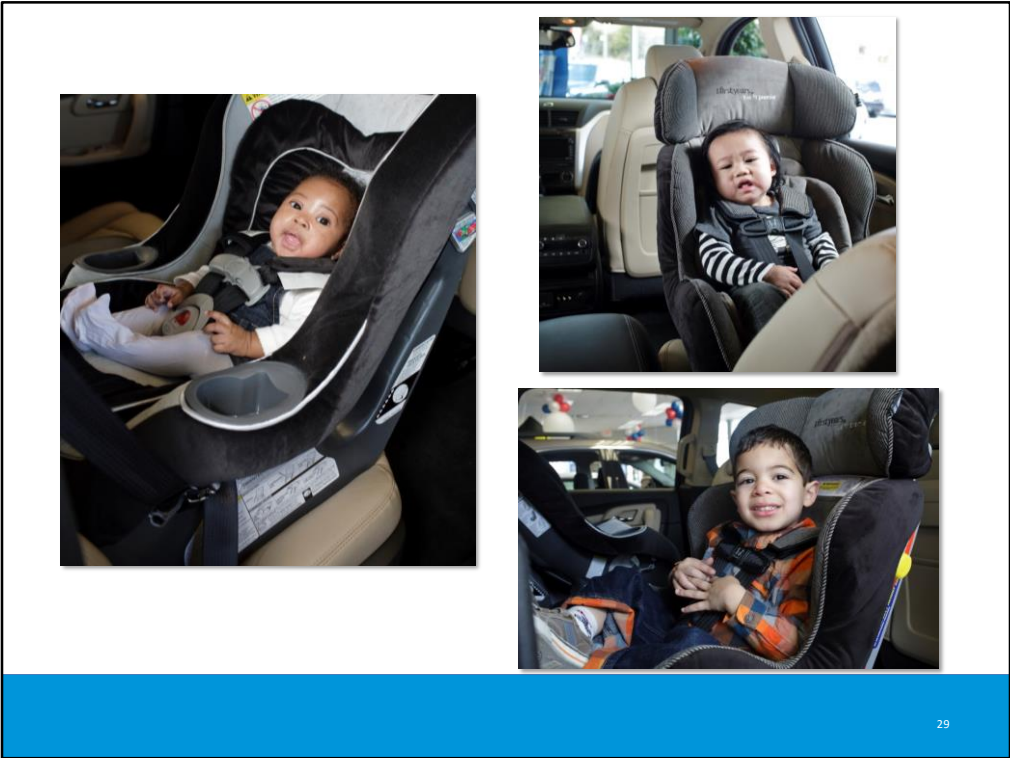
Group 1 (Europe) /Convertible (USA)

- Can be used rear or forward facing depending on the child
- Use rear-facing for as long as possible



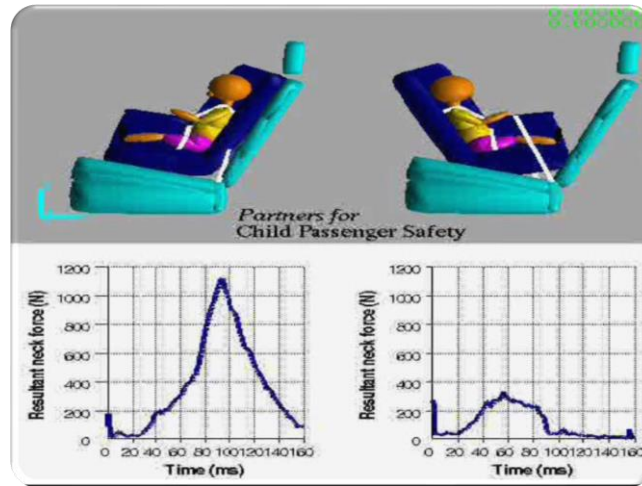
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DISCUSSION: There are many different kinds of car seats and some can hold children for many years. The car seat will have to be changed as the child grows so the direction is right, the harness fits and it is reclined or upright. Parents should not worry about a baby's feet touching the back of the car. They do just fine in a crash.



DISCUSSION: Rear-facing kids (not just little babies) are safer in a car seat.

Rear or Forward-Facing?



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DISCUSSION: Baby's head and body are protected in the car seat. Forward facing, Baby's head moves forward more.
Can you see why rear-facing is safer?

When Can Children Face the Front?



- The video you just saw shows that it is safer to face the back of the car.
- Babies should ride facing the back until they are at least age 1 and 20 pounds **BUT** it is best if they can stay facing the back to the maximum weight or height limit allowed by the car seat manufacturer.

DISCUSSION: This is a common question. Parents want to turn their baby around as soon as they can.

Group 1, 2/3 (Europe) / Combination (USA)



- Child is forward facing with a harness first.
- When the harness no longer fits the child, it is taken out.
- Child uses it as a booster with seat belt.



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DISCUSSION: As children grow, they need a bigger car seat. When children are older and bigger they may not want to use a car seat. Keeping the child as safe as possible is not something the child decides. A harness offers more protection and should be used as long as possible.



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We talked earlier about how adult seat belts do not fit small children. Older children may still be able to use a car seat with a harness to get the best protection in a car. Even if there is no car seat, older children should move to the back seat and use a seat belt.

Activity



Your friend has a Group 1,2-3 or convertible car seat and has her child who is 8 months old facing the front of the car.

- What is safest for the baby? To ride rear-facing or forward-facing? Why?

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DISCUSSION: How do you tell your friend about what you learned here today about the safety of riding facing the back of the car and using a car seat all the time for her baby?

ANSWER: Remember that babies are safer facing the back of the car **to the maximum weight or height limit allowed by the car seat manufacturer** and they can't ride facing the front until they are at least 1 year and 20 pounds.

Group 2-3 (Europe)/Belt Positioning Booster (USA)



- Group 2/3: 15-36 kg (4 to 12 years)
- Belt Positioning Booster: 40-100 pounds
- Use with lap and shoulder seat belt



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DISCUSSION: Booster seats lift a child up so they can see better AND they make the adult seat belt fit across the shoulders and hips, away from their necks and stomachs, which can cause serious internal injury in a crash.



DISCUSSION: See how nice the seat belt fits on these kids?

Labels Are Important



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DISCUSSION: Labels include what the weight limits are on the car seat. Labels also tell you if it meets a Federal standard, how old the car seat is and how to use it right. Follow labels and instructions. What kind of information do you see?

ANSWER: Examples: Basic instructions, weight limits, contact information

Activity



- In groups of 2 or 3 use labels on a car seat to find:
 - What size child fits in that seat?
 - What type of seat is it (Europe or USA)?
 - Does it face more than one direction?
 - What other labels or stickers do you see?
 - Who makes the car seat? Is there a phone number?

DISCUSSION: If possible, have a variety of seats available to work with. Point out labels and let them see how much information is on the labels. Have students share what they find.

Extra Padding



- Use only padding and inserts that come with the car seat.
- Adding extra padding could be dangerous.
- It could make the harness looser in a crash.

DISCUSSION: Extra padding and inserts are common gifts for baby. They may look cute, but when you add padding to the car seat, you are changing how it works in a crash. When you add padding behind the baby, the car seat will not work like it is supposed to.

Look at the labels to see when inserts must be taken out.



BUCKLING KIDS IN CAR SEATS

Buckling Kids in Car Seats



- **Selection:** Choose the right seat
- **Direction:** Face car seat in the right direction
- **Location:** Choose a back seat location (with a seat belt)
- **Harnessing:** Adjust the harness

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DISCUSSION: Once you have the car seat, there are a few things you have to do to make it fit your child and your car. The labels on the car seats can help show you how to use the car seat correctly. Stress Selection, Direction, Location and Harnessing.

Choose the right seat for the child's age and weight or height.
Adjust the seat for rear or forward facing (recline or upright).
Select and adjust the correct harness. (NOTE: Will discuss later)

Pinch Test



DISCUSSION: Look at car seat labels for information on correct harness use.
PINCH TEST: Buckle and tighten harness.
Pinch webbing up and down at child's shoulder. Your fingers should slide off.
If you can pinch the webbing together, it is too loose. Tighten and retest.

Did It Come With the Car Seat?



• Yes



• No



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DISCUSSION: If you are not sure if the padding came with the car seat or not, you can call the manufacturer or go to their website.

Installation – Rear-Facing Basics



- Use the correct seat belt path
- Check the recline angle
- Install car seat tightly
 - Using seat belt
 - or**
 - Using lower anchors (ISOFIX or LATCH)

This class **DOES NOT** prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a government standard. Follow all instructions.

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DISCUSSION: Follow directions to install the car seat. Look at labels. You may have more than one place to route the seat belt or lower anchor straps. If you are using a car seat with a carrier, buckle in the base first, then clip in the carrier.
Rear-facing seats are reclined for baby's comfort and so they can breathe.

Recline Indicators



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DISCUSSION: Car seats that face the rear have a level indicator. It can look different on different car seats. What do you see in the classroom?

Buckling the Rear-Facing Seat in the Car



- Read the labels to find the seat belt path
- Secure the car seat using the seat belt or lower anchor straps
 - Either is safe
 - Choose seat belt or lower anchor- do not use both at the same time
- Follow the directions to buckle it in tightly

This class DOES NOT prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a government standard. Follow all instructions.

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DISCUSSION: You can buckle in a car seat using the seat belt or lower anchor strap. Step by step instructions are provided in the car owner's manual or the car seat owner's manuals, if they are available. If they are not, read the labels for basic tips.

Install a Rear-Facing Car Seat



This class DOES NOT prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a government standard. Follow all instructions.

47

DISCUSSION: The video shows how to buckle the car seat in using a seat belt or lower anchors. You should use one or the other, not both of them, to buckle the car seat in.

Always buckle kids in a back seat.

This class DOES NOT prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a Government standard. Follow all instructions.

Kids Who Have Outgrown the Rear Facing Car Seat



- Forward facing
- Look at labels on the car seat for the harness location.
- Place harness retainer clip, if there is one, at the armpit level.
- Make the harness tight.
- Use for as long as possible.



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DISCUSSION: Move the child to a forward-facing car seat when the rear facing one is too small by height or weight.

Ask the class if they remember the crash test videos they saw earlier in the day. Have them discuss why rear-facing is safer and kids should ride facing the back for as long as possible. Harnesses can hold kids for a long time, even up to 90 pounds/41 kilograms. Look at the labels on the car seat for details.

Sometimes, a crash-tested vest works like a forward facing car seat. Look for a label to confirm that it has been crash tested and meets a Federal standard.



DISCUSSION: There are many options available.

Activity



- How do you make the harness tight?
- How do you make the harness loose?
- How do you move the shoulder harness from one slot to another?
- How do you make the car seat recline?
- Find the level indicator on the seat.

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DISCUSSION AND ACTIVITY: Working in groups of 2 or 3, pick up a few car seats and see how to make the harness looser and tighter. See how to buckle the harness. Have the members of the class tell each other what they found. Do all the seats work the same way? Did all the car seats have a recline position and a level indicator? Remind the class that most forward-facing only seats might not have a way to make them recline.

Buckling the Forward-Facing Seat in the Car



- Read the labels to find the seat belt path
- Secure the car seat using the seat belt or lower anchor straps
 - Either is safe
 - Choose seat belt or lower anchor- do not use both at the same time
- Follow the directions to buckle it in tightly

This class DOES NOT prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a government standard. Follow all instructions.

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DISCUSSION: Like rear-facing seats, you can buckle in a forward-facing car seat using the seat belt or lower anchor strap. If there is a top tether to attach the car seat at the top, too, use it.

This class DOES NOT prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a Government standard. Follow all instructions.

Top Tethers = More Safety



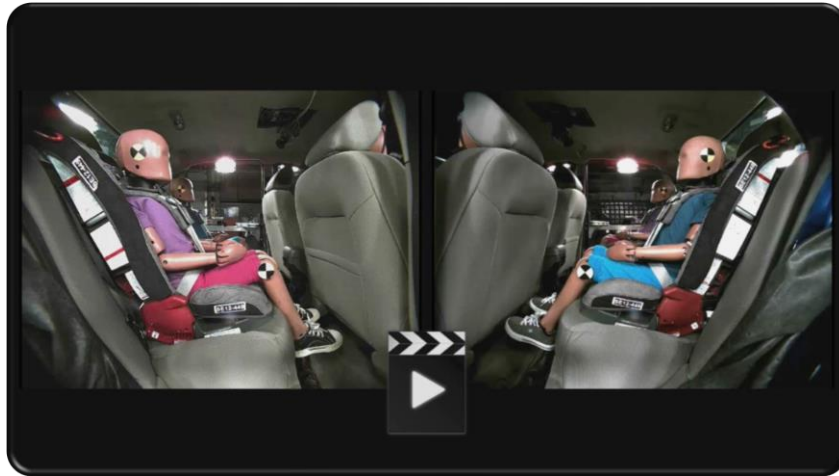
- Tethers help keep a child's head back in a crash.
- It connects the top of the car seat to the vehicle.



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DISCUSSION: The tether helps to keep the top of the car seat back in a crash. The next slide shows an example during a crash test.


Tether vs. No Tether



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DISCUSSION: The tether keeps the child's head from moving forward. You can use a car seat without the tether. It is still very safe. A tether adds safety.

**Combination Car Seat
Used Forward-Facing**



This class **DOES NOT** prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a government standard. Follow all instructions. 54

DISCUSSION: This video shows how to buckle in a car seat using the seat belt and lower anchor strap.

Always buckle kids in a back seat.

This class **DOES NOT** prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a Government standard.

Follow all instructions.

Older, Bigger Kids In Boosters



Incorrect belt fit because there is no booster seat



Correct belt fit with a booster


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DISCUSSION: Boosters provide an important next step between car seats and seat belts. Boosters are for children who are too big for a car seat but too small for the adult seat belt. Booster seats lift a child up so the adult seat belt fits across the shoulders and hips, away from their necks and stomachs, which can cause serious internal injury in a crash.



DISCUSSION: Follow all labels on the booster seat that show parents where to place the lap and shoulder belts. Booster seats require lap and shoulder belts. If only lap belts are available in a car, use a car seat that has a harness or a crash-tested vest to a higher weight. As always, a child in a back seat using a seat belt is safer than a child using no seat belt.

**Using a High-Back
Booster Seat**

A high-back booster seat is shown from a top-down perspective. The seat is primarily grey with dark grey side panels and a dark grey headrest. It features a blue buckle on the headrest and red accents on the side panels. To the left of the seat is a black play button icon with a white triangle in the center, set against a white background with a filmstrip border.

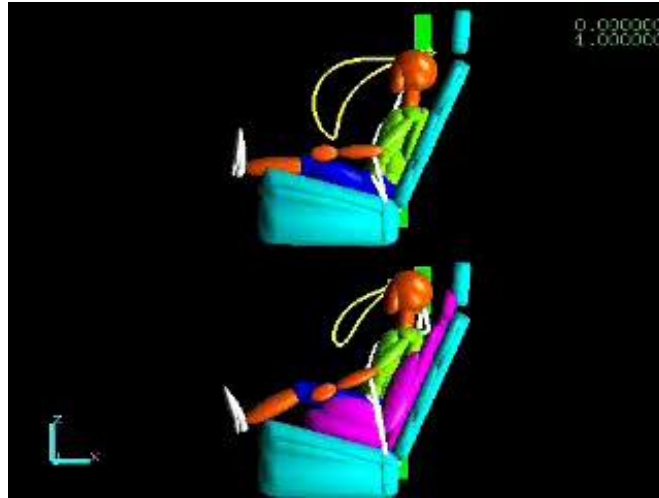
This class DOES NOT prepare you to install car seats. Encourage caregivers to purchase only car seats that meet a government standard. Follow all instructions. 57

Always buckle kids in a back seat.

This class DOES NOT prepare you to install car seats.

Encourage caregivers to purchase only car seats that meet a Government standard.
Follow all instructions.

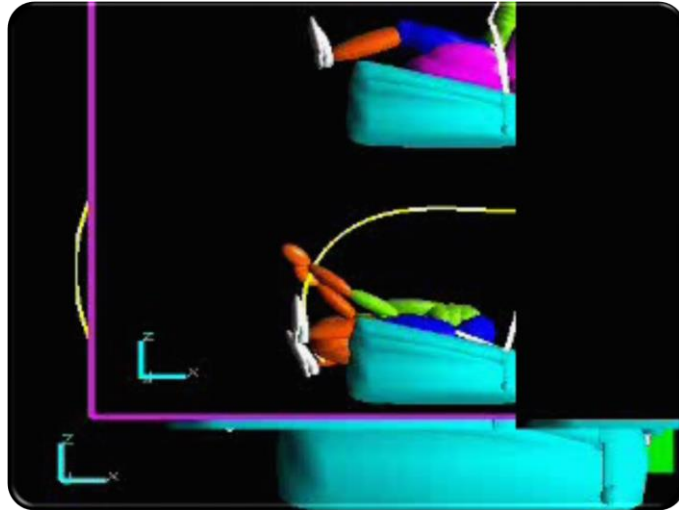
Booster Benefit



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DISCUSSION: The child on top is using a lap and shoulder belt. His head moves a lot more forward than the child in the booster seat on the bottom. We want the child's head to move as little as possible. That makes the child safer.

Lap and Shoulder Belt Benefit



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DISCUSSION: This video shows the difference between the use of a lap and shoulder belt on top and the lap only seat belt on the bottom. Just like we talked about on the slide before, we want the child's head to move as little as possible. We try to give the best protection to the head and neck because often those injuries last a very long time.

After Booster → Seat Belt

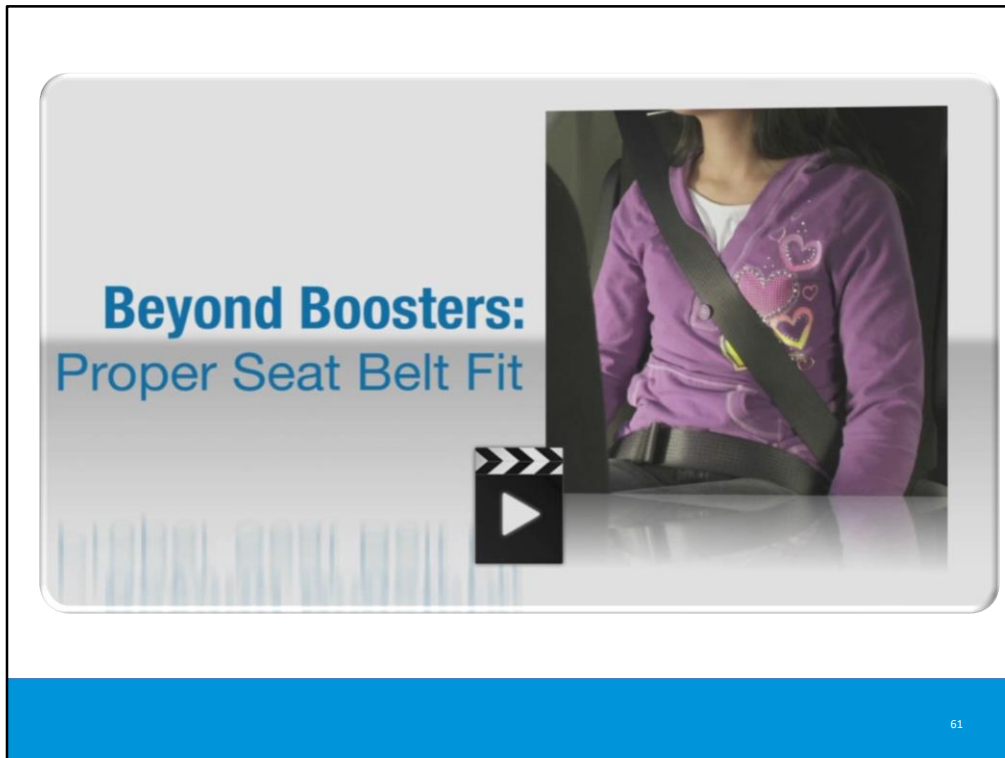


- Seat belts are made to fit adults.
- To best protect children, must fit correctly



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DISCUSSION: Seat belts need to fit on one shoulder and both hips. The seat belt should never go behind the child's back or under his arm. That puts the seat belt over very small bones and ribs. We want the seat belt to rest on the strong shoulders and hips.



Always buckle kids in a back seat.
This class DOES NOT prepare you to install car seats.
Encourage caregivers to purchase only car seats that meet a Government standard. Follow all instructions.

Activity



You see your 3 year old nephew laying down and sleeping on the back seat.

- How do you talk with your sister about making him safer?

OPTIONAL: These are optional. You can include all, some or none.

Give the members of the class many chances to practice the new information they have learned about keeping kids safer in cars. Ask them if they have had other times when they noticed kids who were not as safe as they could be and if they felt like they could do something.

Activity



Your children's friends do not use car seats or booster seats, or even seat belts in the car.

- What do you say to them when they ride in your car?
- What would make them safer in the car?

DISCUSSION: Parents need to talk to each other when they make plans to carpool so that each parent knows what is expected and safe for their child. For example, if a parent always uses a booster seat for their child, they should provide it to the person who will carry their child. On the other hand, if you always expect children to be buckled in your car, their parent needs to know that you will be making sure their child is buckled in your car. This is a decision for parents to have and should not be up to the child when they are picked up.

Activity



Your friend tells you they always hold their child on their lap. They are sure they can keep their child safe in a crash

- How would you explain about how much a child weighs during a crash?

DISCUSSION: This is a good time to have the class talk about how to figure out “weight times speed”. This formula is how much the child would weigh during a crash. What parent could carry or lift that amount of weight in any regular situation, much less during a crash?

Why We Do What We Do



A Question For You



- What will you do with the information you learned today?
- How will you talk with:
 - Yourself
 - Your Family
 - Your Church
 - Your Neighbors
 - Your School
 - Your Co-workers

Local Resources



- Laws
- Videos
- Websites
- Retail stores

DISCUSSION: Please complete this slide before the class.

Thank You For Coming!



- If you want to talk more about how to keep children safer in your home or community contact me at:
 - Name
 - Phone
 - Email

DISCUSSION: Provide a class roster so people from the class can contact you and each other after the class.