

# Make Every Ride a Safe Ride!

## Safe Travel for Kids at Every Stage

Feel Safe and Secure with your Car Seat



It is not always easy to figure out how to use car seats. We have some tips to help you keep your children safe every time they ride.

1. [Learn about the different car seat stages](#) and when it is safest to move a child to the next stage. For example, it is safest to keep a baby rear-facing until about two years of age or until the child outgrows their rear-facing seat.
2. [Learn about the different car seat types](#) and what to look for [when buying a car seat](#). If possible, check to see that the seat fits well in your car before buying.
3. **Before installing a car seat, carefully read car seat instructions, and the car seat section of the vehicle owner's manual.** These instructions have the information you need to use a car seat correctly.

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### DID YOU KNOW?

- Motor vehicle crashes are the #1 cause of death by injury for Canadian children between the ages of one and nine.<sup>1</sup>
- When used correctly, child seats reduce the risk of death and serious injury by close to 70%.<sup>2</sup>
- Using a booster seat instead of just a seat belt alone reduces the risk of injury by up to 60%.<sup>2</sup>

(1) Public Health Agency of Canada, 2008 (2) Canadian Paediatric Society, 2008



**For child passenger safety information, please visit:**

Website	Search Tips	Key info covered
<b>Parachute Canada</b> <a href="http://parachutecanada.org">parachutecanada.org</a>	Choose Injury Topics from the top menu, then pick Car Seats  Link to videos in green just above car seat manufacturers listing	<ul style="list-style-type: none"> <li>✓ Car seat stages</li> <li>✓ Car seat types</li> <li>✓ Car seat installation and use, including videos</li> </ul>
<b>Simcoe Muskoka District Health Unit</b> <a href="http://smdhu.org">smdhu.org</a>	Choose Topics from the upper menu – Injury Prevention – Child Car Seats	<ul style="list-style-type: none"> <li>✓ Buying a car seat</li> <li>✓ Car seat installation and use</li> <li>✓ Car Seat Clinics</li> </ul>
<b>Ontario Ministry of Transportation</b> <a href="http://mto.gov.on.ca">mto.gov.on.ca</a>	Search ‘car seats’ – select ‘install a child car seat’ – select ‘multimedia’ to view videos	<ul style="list-style-type: none"> <li>✓ Car seat stages</li> <li>✓ Car seat installation and use, including videos</li> </ul>
<b>Transport Canada</b> <a href="http://tc.gc.ca">tc.gc.ca</a>	Search ‘keep kids safe’  For safety notices and recalls search ‘car seats consumer information’	<ul style="list-style-type: none"> <li>✓ Car seat stages</li> <li>✓ Buying a car seat</li> <li>✓ Car seat installation</li> <li>✓ Car Seat Regulations</li> <li>✓ Safety notices and recalls</li> </ul>

If you have more questions, please contact **Health Connection** at 1-877-721-7520 / 705-721-7520 or the following local community partners: