5 Top Tips to Car Seat Safety

One in three children are fitted incorrectly in their car seat.

Even on the shortest journeys, always make sure that every child in your car has the appropriate seat for their weight, height and age.

1. Find a retailer who is trained in fitting car seats and check the seat fits your car before you buy. There are lots of fitting videos you can watch for help on the links below. Practice fitting the car seat before your baby is born.

2. Only use your car seat for journeys in the car and keep the time spent in the seat to a minimum.

3. Don't put a coat or thick clothes on your baby in the car seat; the harness needs to be as close to the skin as possible. If it's cold put a blanket over the top of your baby once the seat is fastened in.

4. Check the harness is in the right position on baby's shoulder, it should come from just behind the shoulder.

5. Finally do the pinch test on the harness so you know it's tight enough, simply make sure you can't pinch the harness together between your thumb and first finger.

For further information on any of the points above please visit www.childseatsafety.co.uk, www.lancsroadsafety.co.uk or www.nhs.uk
Or contact Lancashire County Council Road Safety Team safertravelteam@lancashire.gov.uk or Child Seat Safety info@childseatsafety.co.uk

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