

Is your child's car seat right?



Do the Inch test, Pinch Test and Armpit Check!

If any of these don't pass the test, look in your car seat manual for how to fix them.

Call a certified car seat technician for a Car Seat Check!

Washington County Public Health 518-746-2400 ext3478



Inch Test- Hold the car seat where the belt goes through it. The car seat should not move more than 1" side to side or away from the vehicle seat back.

Latch OR Seatbelt should be used, not both. If the seat moves more than 1", the belt may not be locked or may just need to be tightened. Check the manual.



SNUG



NOT SNUG

Pinch Test- Harness Needs to be TIGHT
Harness should be so tight you can't pinch any of the strap on the shoulder.

The harness is what holds the child into the seat. In a crash, the straps will *stretch* out, so it's important to start with the straps **tight!**

(For rear facing, make sure the harness straps are coming out of the seat *at or just below* the shoulders. Forward facing is *at or just above* the shoulders.)



CORRECT



INCORRECT

Armpit Check- Chest Clip should be at the child's armpit level

The chest clip should be on the sternum (the bone in the middle of the chest.) It's job is to hold the straps together on the shoulders. If it's too low, the straps will fall off the shoulders and the child could be thrown from the seat.

Visit our Website for more information: <http://co.washington.ny.us/295/Health-Educators>

Not in Washington County? We can help direct you to techs in the area or visit <http://cert.safekids.org> and click on the "Find a Tech" link. There, you can find someone by State, County or Postal Code.