

Try the 5-Step Test Today!

Note: This exercise is for children up to age 10-12 who have outgrown a regular safety seat with a harness. It shows how boosters can improve belt fit and comfort in the car.

(Please print)

Name of child _____ Age _____ Grade _____

Weight _____ Height _____ Child's home city _____ Zip _____

Have the child get ready for a "pretend" ride by sitting in the car and buckling up with the lap and shoulder belt in the back seat. Answer the following the questions:

1. Is the child sitting tall so his/her whole back is touching the seatback? Yes No
(If no, please ask the child to move all the way back before continuing.)
2. Do the child's knees bend comfortably at the edge of the seat? Yes No
3. Does the belt cross the shoulder between the neck and arm? Yes No
4. Is the lap belt touching the tops of the legs? Yes No
5. Can the child sit like this for the whole trip? Yes No

If the answer to any of these questions is "no," the child needs a booster seat to ride safely in the car. Note: A safety seat with a harness designed for larger children or tethered harness system is needed if (a) there are no shoulder belts in the back seat of the car OR (b) if the child is very active OR (c) the child is under age 3-4.

How does this child ride in the car? (Check all that apply) Front seat Back seat
 Safety seat with harness Booster Lap and shoulder belt Lap-only belt

Make/model of the car child rides in _____ Year _____

Was a sample booster tried? Yes No

Improvements with booster: Position of Knees Shoulder belt Lap belt

Do you plan to get a booster for this child? Yes No

Staff notes: _____

SafetyBeltSafe U.S.A. P.O. Box 553, Altadena, CA 91003 www.carseat.org 310/318-5111, 800/745-SAFE (English), 800/747-SANO (Spanish)
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