

CAR SEAT FITTING GUIDE

FITTING YOUR CHILD CORRECTLY IN A REAR-FACING CAR SEAT

1. Place your child in the car seat with the child's back flat against the car seat.
2. Place harness straps over the child's shoulders. Harness straps should lie flat, not twisted, and be placed through the slots located at or below your child's shoulders.
3. Buckle the harness and the chest clip and tighten until snug. The harness is snug enough when you cannot pinch any extra material at the shoulder.
 - Bulky clothing or blankets can prevent a snug harness fit. Always buckle the child in the seat first, and then place coats or blankets over the harness.
 - Never add padding under or behind the child unless it is recommended for use by the car seat manufacturer.
4. Place chest clip at armpit level. This holds the harness straps in place on the child's chest and shoulders.
5. Ensure your car seat is installed at the correct recline per the manufacturer's instructions. This protects the child's airway and will help protect them in the event of a crash.
6. Contact your local car seat program for additional education including 1:1 appointments.

Referencing your car seat manual is always best for troubleshooting.

This guide should not override specific car seat manufacturer instructions.

For more information, please visit:

www.NHTSA.gov | www.SafeKids.org