






Appendix 1: A guide to child automobile restraints

Stage	1 Rear-facing ¹		2 Forward-facing* ¹	3 Booster seat ^{2,3}	4 Seat belt ²	
Seat	 Infant-only seat		 Convertible seat			
Age (approximate only, always use weight when available)	≤ nine months		≤ two years (preferably until four years)	Two to four years†	Four to nine years	> nine years
Weight (limits may vary between seats)	4-5 to 22-30 lbs (1.8-2.3 to 10-13.6 kg)		5 to 30-35 lbs (2.3 to 13.6-15.9 kg)	30-35 to 40-80 lbs† (13.6-15.9 to 18.2-36.3 kg)†	30-40 to 60-100 lbs (13.6-18.2 to 27.3-45.4 kg)	≥ 80 lbs (≥ 36.3 kg)
Height (limits may vary between seats)	To stated limit of seat		Head more than 2.5 cm (1 inch) below top of seat	Top of seat must be above ears	Head must be supported by vehicle headrest or top of booster	At least 149.4 cm (4'9"); child able to place back against seat and bend knees over seat edge
Additional notes ²	- Never in front of airbag - Harness snug and at or below shoulders - Chest clip at armpit level		- Harness snug and at or below shoulders - Chest clip at armpit level - Attach to car with top tether strap, and use seat belt or lower anchors - Use five-point harness to upper weight or height limit	- Always use lap/shoulder seat belt - Never put shoulder belt behind back or under arm - Highback booster preferred for younger children - Highback required for seats without headrest	- Shoulder belt across chest, not neck or throat - Lap belt low and snug across upper thighs, not stomach	
Location	All children under 13 years old should be seated in the backseat at all times ⁴ (middle position whenever possible ⁵).					
*This stage is omittable if transition is directly from stage 1 to stage 3. †Lower limits may be stated on the seats but are not recommended based on latest evidence. ¹						

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References

1. Henary B, Sherwood CP, Crandall JR, et al. Car safety seats for children: rear facing for best protection. *Inj Prev* 2007;13:398-402.
2. Canadian Paediatric Society. Transportation of infants and children in motor vehicles. Position statement. *Paediatr Child Health* 2008;13:313-8.
3. Arbogast K, Jermakian J, Kallan M, et al. Effectiveness of belt positioning booster seats: an updated assessment. *Pediatrics* 2009;124:1281-6.
4. Lennon A, Siskind V, Haworth N. Rear seat safer: seating position, restraint use and injuries in children in traffic crashes in Victoria, Australia. *Accid Anal Prev* 2008;40:829-34.
5. Kallan M, Durbin D, Arbogast K. Seating patterns and corresponding risk og injury among 0- to 3-year old children in child safety seats. *Pediatrics* 2008;121:e1342-7.

Additional resources

- Canadian Paediatric Society: Car seat safety (www.cps.ca/caringforkids/keepkidssafe/CarSeatSafety.htm)
- Transport Canada: Child safety (www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-index-53.htm)
- Safe Kids Canada (www.safekidscanada.ca)
- Transport Canada: Frequently asked questions about the new child seat regulations (www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-faq-1131.htm)
- Healthy Canadians: When to replace a child's car seat (<http://healthycanadians.gc.ca/kids/when-to-replace-a-child%E2%80%99s-car-seat/>)