

# Using restraints

## getting it right every trip



Did you know that about 70% of child restraints are not installed correctly? Protect your child by using the right child restraint or booster seat and using it correctly every trip.

To ensure that your child is safe, check that:

- the restraint is the right size for the child
- the child is securely placed in the restraint
- the restraint is correctly fitted to the vehicle

## A daily check

Each day check your restraint or booster seat to make sure it is safe.

### CHILD RESTRAINTS - REARWARD AND FORWARD FACING

<b>X</b>	Twisted and loose harness	<b>✓</b>	Check the harness has no twists and is firm
<b>X</b>	Child's arms out of harness	<b>✓</b>	Make sure your child's arms are secured correctly in the harness straps
<b>X</b>	Seatbelt buckles undone	<b>✓</b>	Check the seatbelt buckles securing the restraint and the child are done up
<b>X</b>	Tether strap not being used correctly	<b>✓</b>	Ensure the top tether is appropriately attached to the correct child restraint anchor location



### BOOSTER SEATS

<b>X</b>	Loose and incorrectly fitted seatbelt	<b>✓</b>	Make sure the lap part of the seatbelt passes over the upper thighs and across the hips - not the stomach area. Ensure the seatbelt is firmly fitted.
<b>X</b>	Seatbelt guide not being used	<b>✓</b>	Use the booster seatbelt guide to ensure the sash part of the seatbelt is positioned on your child's shoulder
<b>X</b>	Tether strap not being used correctly	<b>✓</b>	If there is a top tether, ensure it is appropriately attached to the correct child restraint anchor location

Always follow the manufacturer's instructions when installing and using a restraint.



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## Monthly tips for keeping your child safe

Check that the restraint is still the right size for your child:

### Rearward facing child restraints

The harness straps must be level with, or above your child's shoulders. When your child has outgrown the highest slot they can be moved into a forward facing child restraint.

### Forward facing child restraints

The harness straps can be up to 25mm below the shoulders. If the straps are below this level they must be adjusted to a higher slot in the restraint. When your child has outgrown the highest slot you will need to assess their restraint needs. They will move into a larger forward facing child restraint with an inbuilt harness OR a booster seat. This will depend on your child's size.

If your child is under four years old and has outgrown their forward facing child restraint it is recommended you seek expert advice.

### Booster seats

A child should continue using a booster seat until they have outgrown it.

An adult lap-sash seatbelt is designed for people with a minimum height of 145 cm.

If your child is under seven years old and has outgrown their booster seat it is recommended you seek expert advice.

## Visit an RACV restraint fitting station

RACV recommends that you have your child restraint fitted at a child restraint fitting station. Visit [racv.com.au](http://racv.com.au) to locate your nearest restraint fitter.

To find out the safety ratings of child restraints visit [crep.com.au](http://crep.com.au)



For expert advice about restraints

RACV  
[racv.com.au](http://racv.com.au)  
Tel: 1800 134 126

VicRoads  
[vicroads.vic.gov.au](http://vicroads.vic.gov.au)  
Tel: 13 11 71

Kidsafe  
[kidsafevic.com.au](http://kidsafevic.com.au)  
Tel: 9251 7725