

# Getting Started:

## Is your seat safe to use?



### Canada safety mark

Check that your seat is approved for use in Canada. You will find the National Safety Mark on the car seat or booster seat.



### size limits

Read the labels and instructions to make sure that your child is within the height, weight and age limits for the seat.



### instruction manual

Is your seat second-hand? Make sure you still have all parts, including the instruction booklet. If you do not have it, contact the manufacturer for a copy.



### seat history

If you do not know the history of the seat, it may no longer be safe to use. Most seats must be replaced after a crash — even a minor one.



### product recalls

Check Transport Canada's website to find out if your seat has been recalled.



### expiry date

All car seats and booster seats expire. Check the date on your seat. Contact the manufacturer if you are unsure.

Read your vehicle manual and follow the instructions for your seat.



#### For more information:

- Visit [ahs.ca/carseats](https://ahs.ca/carseats)
- Call Health Link at 811
- Visit [healthyparentshealthychildren.ca](https://healthyparentshealthychildren.ca) and search for “car seats”