

Take the **Car Seat YES** Test

Using a car seat properly is required by law in Alberta. Use the YES Test to help you properly install the car seat in your vehicle and buckle up your child correctly every time. **Push, pull and adjust the car seat until you can answer YES to each item that applies to your child's car seat.**

Who should be in a rear-facing car seat?

- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the car seat's manufacturer. Find these limits on the car seat's stickers or in the instruction manual.
- Rear-facing car seats include rear-facing only (or infant) car seats, as well as larger rear-facing car seats that you can change from a rear-facing car seat to a forward-facing car seat as your child grows.
- When your baby outgrows their infant seat, move them into a larger rear-facing car seat. Your child is safest in the larger rear-facing car seat until they are 2, 3, or even 4 years old, as long as they are still under the maximum height or weight limit for rear-facing use.
- A rear-facing car seat provides the best protection for a child's head, neck and back in a sudden stop or crash. Don't rush to move your child to a forward-facing car seat.



A rear-facing only (infant) car seat with a base

Getting ready

- I've read the instruction booklet that came with the car seat.
- I've read my vehicle owner's manual on how to install a car seat.
- I've checked the labels on the seat to find the maximum rear-facing height and weight limits. My child's height and weight are under the limits.
- My child's car seat is in the back seat.
- I never place the car seat in front of an airbag.
- My child's car seat is approved to be used in Canada and has a CMVSS label.

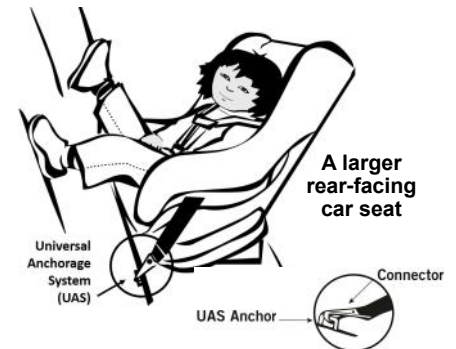
Securing the car seat

There are 2 ways to secure the car seat. **Either**

- I'm using the **Universal Anchorage System (UAS)** to secure the car seat.
 - I've checked my vehicle owner's manual for the correct UAS anchor locations.
 - The UAS belt goes through the **rear-facing belt path** on the car seat or base and is attached to the UAS anchors.

Or

- I'm using the **seatbelt to secure the car seat.**
 - I've checked my vehicle owner's manual for how to use the seatbelt to secure a car seat.
 - The seatbelt goes through the **rear-facing belt path** on the car seat or base, and is buckled up.
 - If the seatbelt doesn't lock, I've used a belt lock or locking clip.

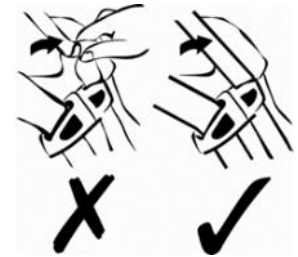


For either UAS or seatbelt installation:

- I've pushed down on the car seat or base and pulled the UAS belt or seatbelt tight.
- The car seat moves less than 2.5 cm (1 inch) in any direction when I push and pull on it.

Buckling your child in the car seat

- The slots that the harness straps go through are at or just below my child's shoulders.
- The chest clip is at the level of my child's armpits.
- The shoulder harness lies flat with no twists.
- The harness is snug. I can't pinch a fold in the harness strap.



Being safe

- My child rides in the car seat for every trip.
- If the car seat has a carry handle, I put it in the travel position.
- I've sent in the registration card for my child's car seat.
- I've checked for safety alerts and notices (recalls) for my child's car seat. Recall information is available from [Transport Canada online](https://www.transportcanada.gc.ca) or at 1-800-333-0510.
- If needed, I'll get a larger car seat, with higher rear-facing height and weight limits, so I can keep my child rear-facing until they are 2, 3 or even 4 years old.
- When my child outgrows their larger rear-facing car seat by height or weight, I'll move them to a forward-facing car seat with a harness.



Q: My child's knees are bent, is it still safe to use a rear-facing car seat?

A: Yes. Your child is safest riding in a larger rear-facing car seat until they reach the seat's maximum height or weight limit for rear-facing use.



If you answered "YES" to all of the statements, you're ready for travel! If not, check the instruction booklet for your car seat as well as your vehicle owner's manual for the exact installation instructions.

For more information:

- go to healthyparentshealthychildren.ca (search for car seats)
- go to myhealth.alberta.ca (search for car seats)
- call Health Link at 811