

You Must be 4'9" or Taller to Ride with Just a Seat Belt

- Seat belts are made for adults.
- Children are at risk.
- Children too small for seat belts may be ejected or receive internal injuries in a crash.
- The solution is easy. Use booster seats for children up to 4'9".



THE RIGHT FIT:

- Shoulder belt fits across the chest, NOT over the face or neck.
- Lap belt fits low and snug on hips, NOT across upper abdomen.

NORTH
Dakota Be Legendary.

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IS YOUR CHILD READY FOR A SEAT BELT?

To determine if your child is ready for a seat belt, try the five-step test. Sit your child in the back seat and put on the seat belt:

1. Can your child sit with a straight back against the vehicle seat back?
2. In that position, do the legs bend comfortably at the edge of the vehicle seat?
3. Does the lap belt stay low, touching the thighs (not the belly)?
4. Does the shoulder belt cross the center of the child's shoulder?
5. Can your child sit this way without slouching during the whole ride?

If you answered no to any of these questions, your child would be safer riding in a booster seat with a lap and shoulder seat belt.

Note: All vehicles are not the same. Do this test for any vehicle your child rides in.

- **Most children do not meet the five-step test until they are at least 4'9", between the ages of 8-12 years.**
- **Children younger than 13 should always ride in the back seat.**
- **For more information, call North Dakota Health and Human Services at 1.800.472.2286 or go to www.hhs.nd.gov/child-passenger-safety**