



**Ready?**  
**Safe?**  
**Go!**

**2024**

**BUCKLE UP!**

**Grades 3-6**

NORTH  
**Dakota**  
Be Legendary.

Health & Human Services

**VISION ZERO**

# Every Time You Get Into the Car, Ask Yourself...

**Are you ready?**



Are you sitting in the back seat in the car?

**Are you Safe?**



Are you buckled?

**Then, Go!**



Go only if you can say YES to these questions. If you can't, then make yourself safe!

# Fact or Fiction?

	Fact	Fiction
1. It is safer to ride in the back seat.		
2. Most crashes occur close to home.		
3. If you are in a vehicle crash, a seat belt could cause you to be trapped in the car so you can't get out.		
4. It is safer to be thrown out of a vehicle during a crash.		
5. The purpose of a booster seat is to position the seat belt correctly on a child's body.		
6. If you are in a crash, you can protect yourself from being injured by holding your arms straight out.		
7. People don't need to wear seat belts if they are traveling only a few blocks from their home.		
8. North Dakota law states that all people younger than 18 need to ride buckled up in a restraint.		

# Safety Sentences

Fill in the blanks to make a complete sentence. Use the words on the right to fill in the blanks.

1. Most crashes happen \_\_\_\_\_.
2. People who are thrown from a vehicle during a crash are \_\_\_\_\_ to die or be severely injured.
3. A shoulder belt restrains your \_\_\_\_\_ in a crash.
4. There are no acceptable \_\_\_\_\_ for not buckling up.
5. Boosters should be used until children reach the highest size limits of the booster, usually until they are \_\_\_\_\_.
6. Kids \_\_\_\_\_ should ride in the back seat.
7. Seats belts are designed to be placed over our \_\_\_\_\_ to protect us from injury.
8. To help make the \_\_\_\_\_ fit correctly on a child, use a booster seat.

Fill in the blanks using these words:

- strong bones
- upper body
- younger than 13
- close to home
- 4'9"
- excuses
- more likely
- seat belt



# Find the Seat Belts

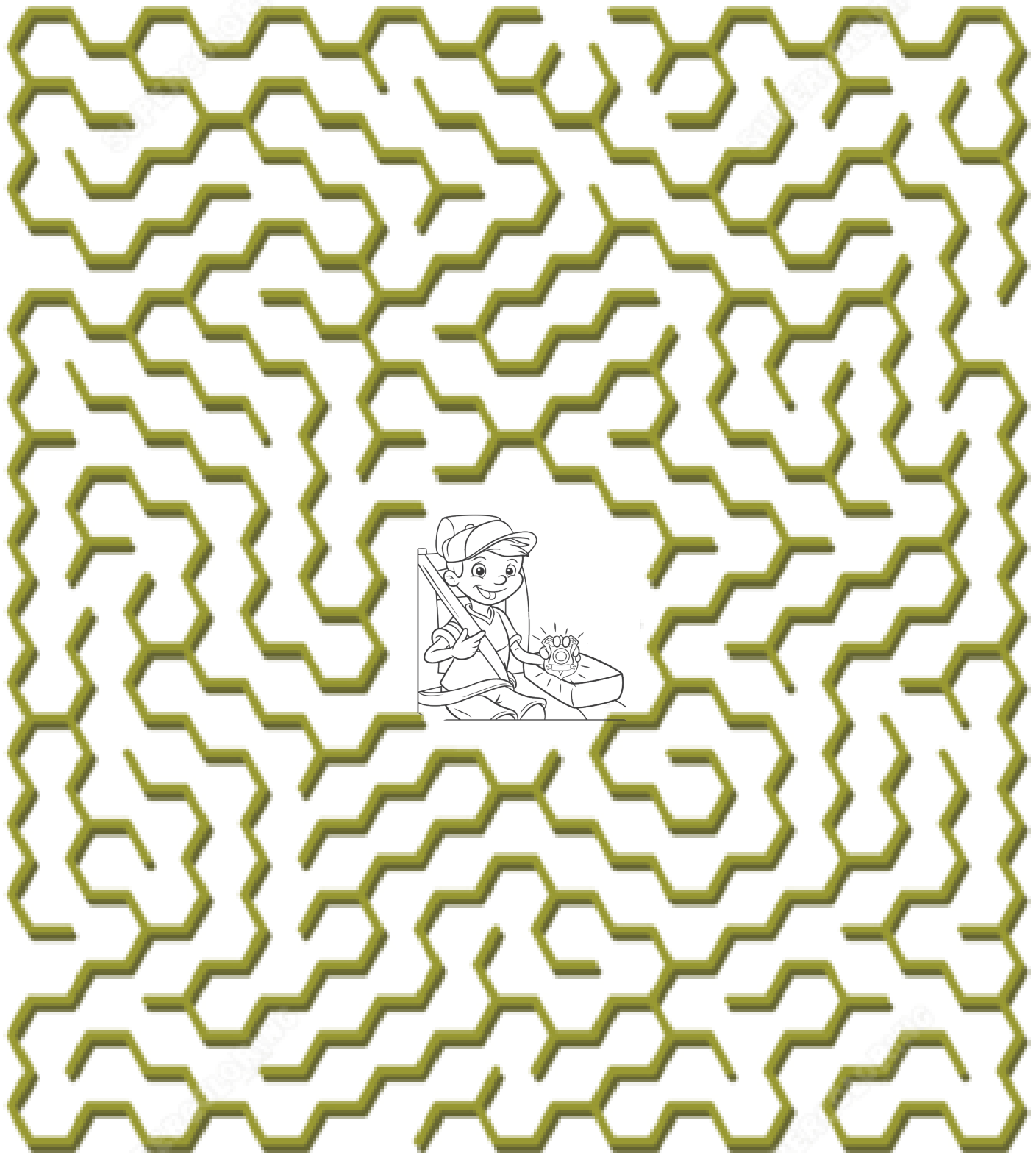
How many times can you find the word seat belt in the puzzle below?

P S E A T B E L T Y C V U I S  
I J R Q A V N S G S P R C S E  
W U E X C N F E Y E A S Y E A  
S M Q Y Z K U A H A U O R A T  
S S D W R C N T V T F X I T B  
N E S A S A S B L B S D A B E  
I A A E X E C E Y E E G D E L  
S T J T A U A L A L A P Q L T  
E B M B B T C T Z T T C O T J  
A E Y P E E B P B X B K J N L  
T L O M S S L E A E E E M U A  
B T V V O S I T L F L S L X V  
E J S E A T B E L T T T O T W  
L L F I I X S E A T B E L T R  
T F S E A T B E L T Y H H H N



# Seat Belt Maze

Buckle up every time you ride in a vehicle!



# Are You Ready for the Seat Belt?

To find out if you are ready to ride in a seat belt, answer the questions below.

When you put the seat belt on in the back seat:

- Can you sit with a straight back against the vehicle seat back? Yes No
- In the same position, do your legs bend comfortably at the edge of the vehicle seat? Yes No
- Does the lap belt stay low, touching your thighs (not the belly)? Yes No
- Does the shoulder belt lay centered between your neck and your arm, on your shoulder? Yes No
- Can you sit this way without slouching during the whole ride? Yes No



If you answered no to any of these questions, you would be safer riding in a booster seat with a lap and shoulder belt. All vehicles are not the same; test yourself in every vehicle.

# Follow These Best Practices When Buckling Up Children

*Children younger than 13 should ride in the back seat*

**The North Dakota Department of Health and Human Services offers the following best practices when transporting children in vehicles:**

## REAR-FACING

- Children should ride rear-facing as long as possible.
- Two types of car seats are available for rear-facing:
  - Infant Seats – Most of these seats can be used until 22-35+ pounds. Use them until the highest size limits or until the child's head is within one inch of the top of the seat.
  - Convertible Seats – These seats can be used rear-facing and forward-facing. Most can be used rear-facing up to 30-40+ pounds. Use them rear-facing until the highest size limits allowed by the manufacturer.

## FORWARD-FACING

- When children have outgrown the highest rear-facing size limits of their car seat, they may ride forward-facing in a car seat with a harness. Use the seat until the child reaches the highest size limits allowed by the manufacturer. Car seats with harnesses can be used up to 40-100+ pounds.

## BOOSTERS

- When children have outgrown the harness in their forward-facing car seat, they may be moved to a belt-positioning booster seat. Keep children in boosters until they are about 4'9" tall or until the seat belt is correctly over the body. Most boosters can be used up to 80-120+ pounds.

## SEAT BELT

- When children have outgrown their booster seat, they may use a seat belt when it's over the body correctly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs and be snug across the shoulder and chest. It should not lie on the stomach or across the neck.

### IMPORTANT TIPS:

- SELECT** a car seat based on your child's age, size, development and maturity. Size information will be on labels attached to the car seat and in the instruction manual.
- SECURE** your child in the seat snugly, following the car seat instructions.
- INSTALL** the seat tightly in your vehicle using the seat belt OR lower anchors and tether (LATCH) system. Follow the car seat instructions and vehicle owner's manual.
- REGISTER** your car seat with the manufacturer, check for recalls and monitor the expiration date of the seat.

