

Ready?
Safe?
Go!

2024

BUCKLE UP!

Grades K-2

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!

Seat Belt Dot-to-Dot



Booster seats are safe and comfortable.

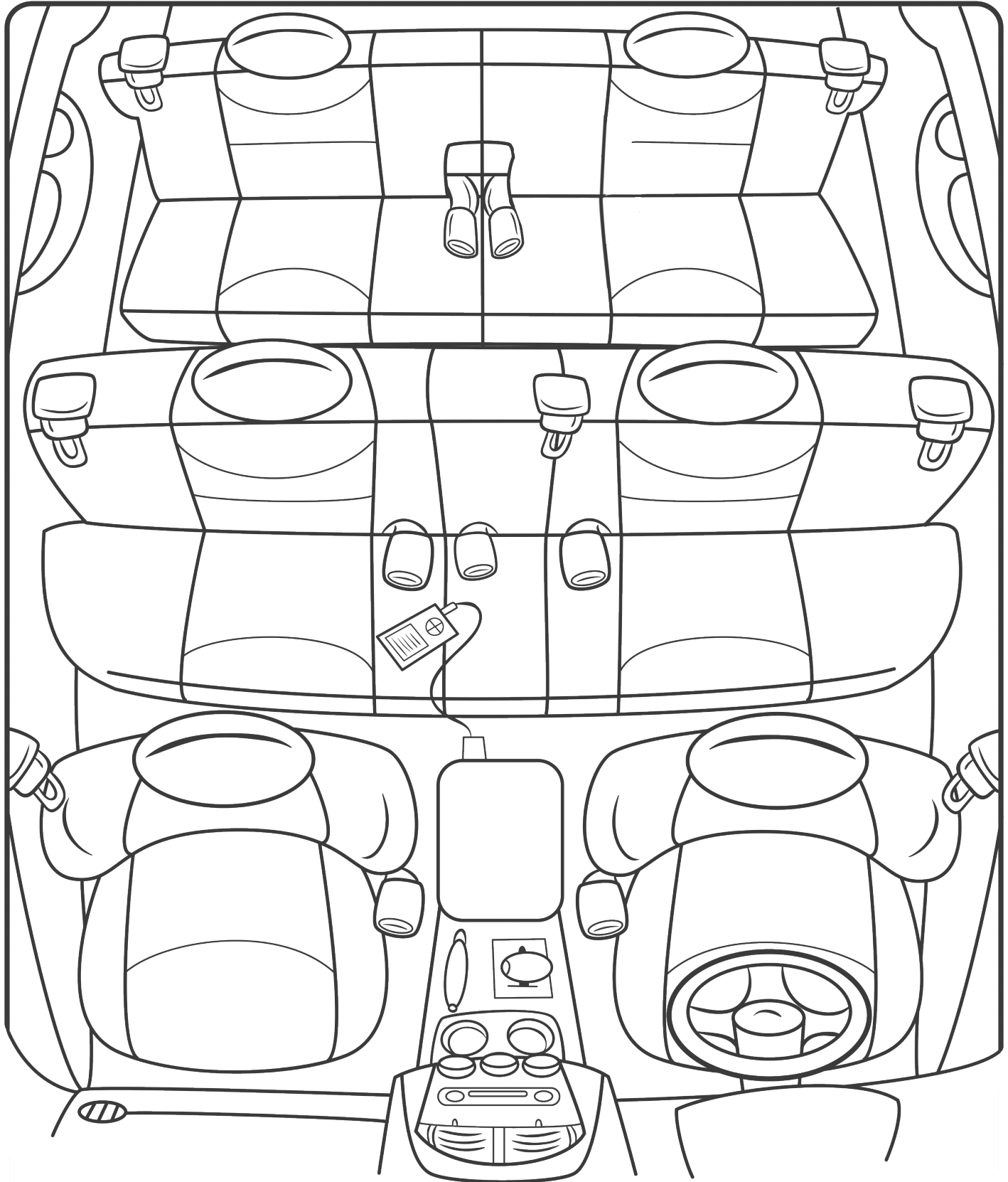
They help make sure the seat belt fits properly.

Always use a lap and shoulder belt with a booster.

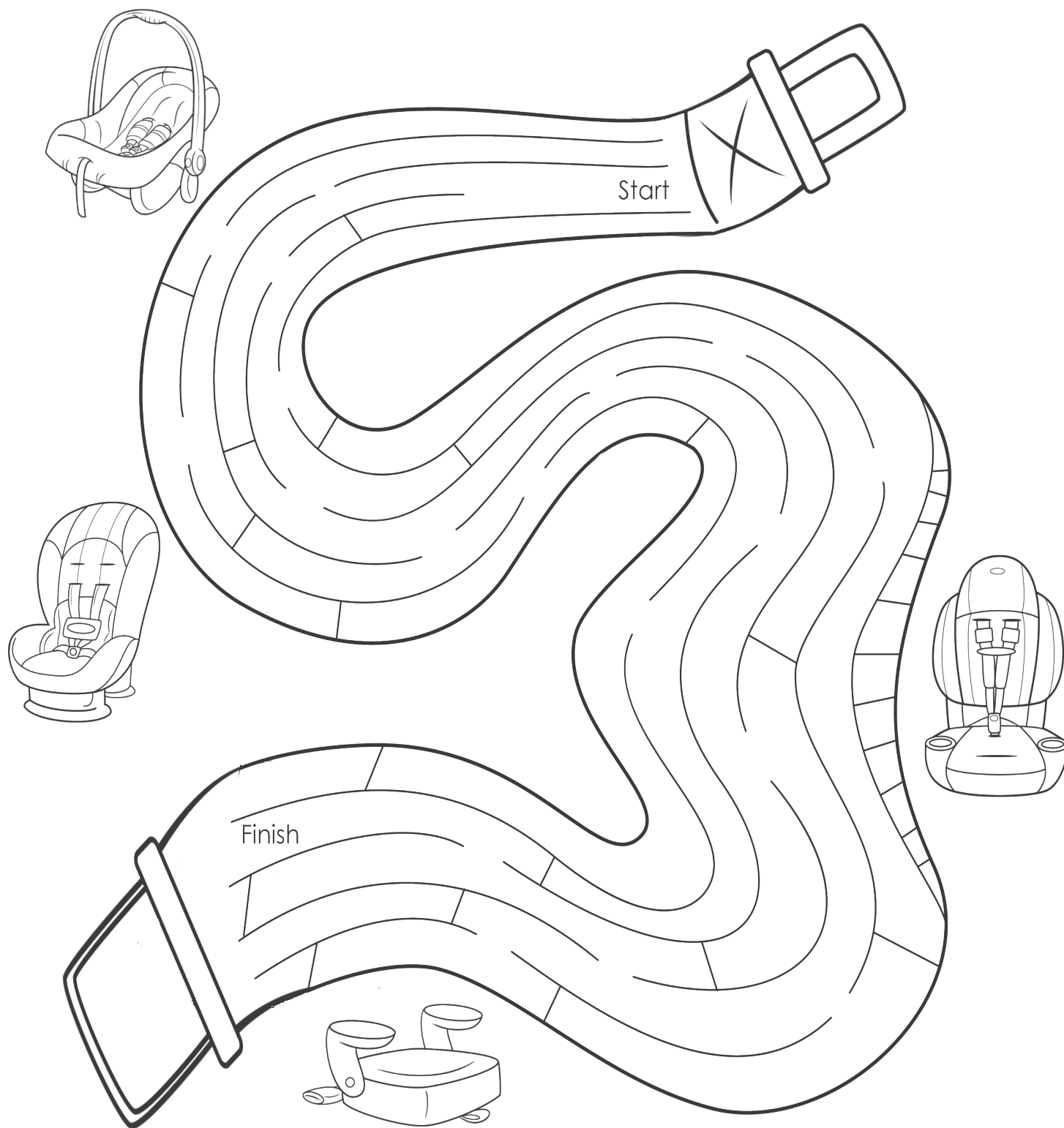


Buckle Up

Add your favorite people to this vehicle and buckle them up with a seat belt.



Buckle Up for All Ages



Buckle Up in the Back Seat

Circle the picture that shows the correct way to wear a safety belt.

Add an X to the picture that is incorrect.



Buckle Up Pledge a Parent/Child Promise

"I promise to buckle up in the back seat every time I ride in a vehicle and to remind others to buckle up too!"

Child's Signature:

"I promise to remind my child to buckle up correctly in the back seat every ride and to wear my own seat belt."

Parent's Signature:



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.

