

General  
Child Seat  
Information

# Buckle Up to Grow Up!

## 4 Steps for Kids

1 SIZE  
DOES  
NOT  
FIT  
all

Steps	Child Seat Type, Age/Weight/Height	Usage Tips
<b>STEP 1</b> Rear-facing	 <p><b>Infant-only seat</b></p> <p>Birth to at least 1 year <b>and</b> at least 20 lbs.*</p> <p>Babies usually outgrow these before age one. Move them to a rear-facing convertible seat (see below).</p> <p>Seats should be secured in the back seat of the vehicle by a safety belt or by the LATCH system.</p>	<ul style="list-style-type: none"> <li>• Never use in a front seat where an air bag is present.</li> <li>• Tightly install child seat in back seat, facing the rear.</li> <li>• Child seat should recline at approximately a 45-degree angle.</li> <li>• Harness straps/slots at or below shoulder level.</li> <li>• Harness straps snug on child; harness clip at armpit level.</li> </ul>
	 <p><b>Convertible seat/rear-facing</b></p> <p>Birth to at least 1 year to at least 20 pounds*</p> <p>Seats should be secured in the back seat of the vehicle by a safety belt or by the LATCH system.</p> <p><i>*American Academy of Pediatrics recommends that babies ride rear facing in a convertible seat to the maximum rear facing weight limit 30-35 pounds.</i></p>	<ul style="list-style-type: none"> <li>• Never use in a front seat where an air bag is present.</li> <li>• Tightly install child seat in the back seat, facing the rear.</li> <li>• Child seat should recline at approximately a 45-degree angle.</li> <li>• Harness straps/slots at or below shoulder level.</li> <li>• Harness straps snug on child; harness clip at armpit level.</li> </ul>
<b>STEP 2</b> Forward-facing	 <p><b>Convertible seat/forward-facing or forward-facing only or combination seat</b> (seat later converts to booster seat).</p> <p>At least one year of age <b>and</b> at least 20 lbs. to 40 lbs.</p> <p>Seats should be secured in the back seat of the vehicle by a safety belt or by the LATCH system.</p>	<ul style="list-style-type: none"> <li>• Tightly install child seat in the back seat, facing forward.</li> <li>• Harness straps/slots at or above child's shoulders (usually top set of slots for convertible child safety seats).</li> <li>• Harness straps snug on child; harness clip at armpit level.</li> </ul>
	 <p><b>Belt-positioning booster, backless or high back belt-positioning booster</b></p> <p>40 lbs to about 80 lbs., unless they are 4'9" (57") tall.</p> <p>NEVER use with lap-only belts – belt-positioning boosters are always used with lap AND shoulder belts and in the back seat.</p>	<ul style="list-style-type: none"> <li>• Booster used with adult lap and shoulder belt in the back seat.</li> <li>• Shoulder belt should rest snugly across chest, rests on shoulder; and should NEVER be placed under the arm or behind the back.</li> <li>• Lap-belt should rest low, across the lap/upper thigh area – not across the stomach.</li> </ul>
<b>STEP 3</b> Boosters	 <p><b>Vehicle lap and shoulder belt</b></p> <p>Over 4'9" (57") tall.</p>	<ul style="list-style-type: none"> <li>• All children 12 and under should be in the back seat.</li> <li>• Child can sit with back against vehicle seat back.</li> <li>• Knees bend over the edge of vehicle seat.</li> <li>• Lap belt fits low and snug across thighs.</li> <li>• Shoulder belt crosses the collar-bone and center of chest.</li> </ul>
<b>STEP 4</b> Seatbelts		



For more information,  
call the UC Davis Health System  
Injury Prevention Program at  
**(916) 734-9799**

**UC DAVIS**  
HEALTH SYSTEM

# Child Passenger Safety Fitting Stations

Please call to schedule an appointment

## Sacramento County

CHP, North Sac, <i>Liz Dutton</i> .....	(916) 338-6710
CHP, South Sac, <i>Jasper Begay</i> .....	(916) 681-2300
CHP, Downtown Sac, Capitol, <i>Tim Jones</i> .....	(916) 322-3337
CHP, Valley Division Office, <i>Tamara Du Temple</i> .....	(916) 464-2090
Elk Grove Fire Department, <i>Jennifer Rubin</i> .....	(916) 405-7114
Mercy San Juan Medical Center, <i>Julie Brown</i> .....	(916) 864-5779
Sacramento Police Department, North Area, <i>John Banks</i> .....	(916) 566-6401
Sacramento Police Department, South Area, <i>Steve Womack</i> .....	(916) 277-6001
UC Davis Medical Center, <i>Cathy Morris</i> .....	(916) 734-9784
Children w/Special Needs, UC Davis Medical Center, <i>Roxanne Woods</i> .....	(916) 734-9798
AAA Office, Greenhaven/Elk Grove, <i>Ama Ngissah</i> .....	(916) 478-7519
AAA Office, Folsom, <i>Debbie Tidwell</i> .....	(530) 295-6614
AAA Office, Sacramento, <i>Amy Chaverri</i> .....	(916) 379-1343

## Placer County

CHP, Newcastle, <i>Kelly Baraga</i> .....	(916) 663-3344
Lincoln Fire Department .....	(916) 434-8275
Placer County CDF (Auburn), On duty.....	(530) 823-4155
Rocklin Fire Department, On Duty Battalion Chief .....	(916) 625-5300
Roseville Fire Department, <i>Jim Owens</i> .....	(916) 772-6300
AAA Office, Roseville, Citrus Heights, Antelope, Lincoln, <i>Marie Punzal</i> .....	(916) 721-2609

## El Dorado County

AAA Office Placerville, <i>Debbie Tidwell</i> .....	(530) 295-6614
El Dorado County Health, <i>Veronica Bernal-Strauss</i> .....	(530) 621-6105
El Dorado Hills Fire Department, <i>Carmen Stiern</i> .....	(916) 933-6623

## Yolo County

CHP, Woodland, <i>Phil Gruidl</i> .....	(530) 662-4685
City of Davis Police Department, <i>Chris Litza</i> .....	(530) 747-5419
City of West Sacramento Fire Department, Fire Admin.....	(916) 617-4600
Woodland Police Department, <i>LaDonna Williams</i> .....	(530) 662-4685
Yolo County Health Department, <i>Lucille Villalobos</i> .....	(530) 666-8610