I n j u r y  p r e v e n t i o n  p r o g r a m

UC Davis Health System

UC Davis Health System
Injury Prevention Program
4900 Broadway, Suite 1650
Sacramento, CA 95820

(916) 734-9799

B O O S T E R  S E A T  I N F O R M A T I O N

I N J U R Y  P R E V E N T I O N  P R O G R A M
Facts

- Seat belts are designed to fit adults, not children.
- A lap belt sitting across the stomach can cause serious damage to the child’s internal organs and spine during a crash.
- If the shoulder belt is not sitting snugly across the mid chest and resting on the shoulder during a crash, serious injuries to the brain, face and spine can occur.

Booster Seat Information

When children outgrow their forward facing seats – usually around age 4 and 40 pounds – they should ride in booster seats in the back seat. Booster seats help the belts fit right. The booster seat lifts the child up, to help the lap belt fit properly, low and tight across the hips. The booster seat also helps the shoulder belt fit right, which is snugly across the mid chest and resting on the shoulder.

Remember!

- Children shorter than 4’9” should ride in booster seats.
- Always use a lap and shoulder belt with a booster seat.
- Children 12 and under should ride in the back seat.
- Buckle up every ride, every time.

California law requires children under age 6 or weighing less than 60 pounds to ride in the back seat in a properly used car seat or booster seat.

However, the American Academy of Pediatrics and the National Highway Safety Administration recommend that children ride in booster seats until they are 4’9” tall, which is around 8 years old.