

# Give kids a boost to safety

Motor vehicle crashes are the leading cause of death and major disability for 4- to 8-year olds. That age group has typically outgrown child safety seats, but adult seat belts — designed for individuals at least 4' 9" tall and 40 to 80 pounds — don't offer children the best protection. Here's why:

- The lap belt rides up over the abdomen. In a crash this can result in lacerations and contusions to the small bowel, intestine, spleen and other organs and spinal cord injuries.
- The shoulder belt crosses the neck or face of young children, prompting many to slip out of the restraint. In a collision, the head may slam against the knees or vehicle interior, resulting in brain injury. And even when used, the shoulder harness can cause serious injuries.

The solution? A **booster seat**, to position a child so the belt fits more as it would fit an adult. Endorsed by the American Academy of Pediatrics, booster seats are easy to use. They fit against the back seat of a vehicle raising the child to properly position the seat belt and harness.

- Belt-positioning booster seats lower the risk of injury to children in crashes by **59 percent** compared to vehicle seat belts alone.
- By contrast, children restrained in seat belts alone suffered injuries to every body region.

Booster seats are available for as little as \$20. Keep 4- to 8-year olds as safe as possible. Boost them to safety!



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