

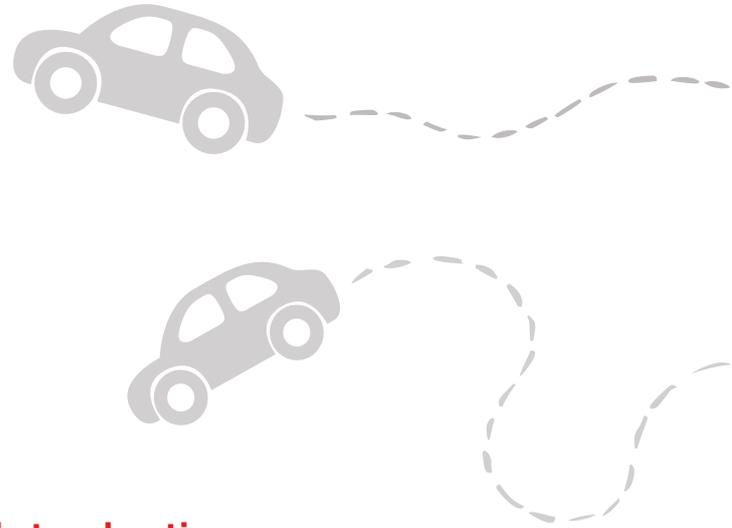
Safer for **Younger Passengers**

For information on road safety please visit:
www.SussexSaferRoads.gov.uk



Sussex Safer Roads
P A R T N E R S H I P

Road **safety is everyone's responsibility** whichever way you choose to get around



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Introduction

This booklet guides you through making important decisions, from buying a car seat to offering tips to help educate young children about road safety. It contains information which will help keep you, your family and other road users safer on the road.

Everyone is responsible for road safety in Sussex, including; pedestrians, cyclists, motorcyclists, car drivers and people who drive for or during their work.

Pregnancy

From the moment you know you are pregnant you need to start thinking about road safety for you and your new child. Driving in your car may be something you do regularly but being pregnant raises new issues like how to comfortably wear your seat belt, whether it is safe to be near airbags, or whether you should drive.



You are still required, by law, to wear a seat belt when you are pregnant. Wearing a seatbelt can reduce the injury risk to your unborn baby. If you are suffering from any complications in relation to your pregnancy, seek the advice of your doctor as to whether it is safe for you to continue driving.

Wear your seat belt safely throughout your pregnancy

Pregnancy is a time of change but don't change your habit of wearing a seat belt. Seat belts save lives: it will not harm your baby. You may not always be comfortable, but if you are involved in a collision your seatbelt will improve your safety and it will help to protect both of you.



- Wear the diagonal strap between your breasts, moving the strap around the side of your bump. The shoulder strap should rest over your shoulder, not your neck.
- Make sure the lap strap sits comfortably under your bump. If it is over your belly button then it is too high. It should go from hip bone to hip bone, as low as possible.
- As your bump grows you may need to adjust your sitting position so that it is more comfortable for you to drive.
- It is advisable to sit as far back from the steering wheel as your legs will allow, with the steering wheel tilted (usually downwards) suiting the size of your bump and stature.
- If you move your seat away from the steering wheel, make sure you can still fully depress the clutch.
- If you adjust your seat remember to check the view out of the mirrors and adjust them as necessary.



Child car seats

The law states that children must use a child car seat until they are 12 years old or 135cm tall, whichever comes first. Children over 12 years old or taller than 135cm must wear an adult seatbelt. It is the responsibility of the car driver to ensure that all children under the age of 14 are using the correct restraint.

You must select a car seat based on your child's weight or height. There are many different types available, so take your time when choosing. Visit shops and look on websites to get a good idea of what seats are available and which ones will be the most suitable for your child and your car. Remember, if your baby is born at a hospital you will need a car seat fitted to bring them home in.

Rearward facing baby seats



Group 0

0 - 10kg (22 lbs)
Birth to 6-9 months



Group 0+

0 - 13kg (29 lbs)
Birth to 12-15 months

Combination seat (Rearward and Forward facing)



Group 0+ and 1

0-18 kg (40 lbs)
Birth - 4 years

Forward facing child seat



Group 1

9-18 kg (20 - 40 lbs)
9 months - 4 years

Forward facing child seat



Group 1, 2 and 3

9 - 36 kg (20 - 79 lbs)
1 to 11 years

High backed Booster Seat



Group 2

15 - 25 kg (33 - 55 lbs)
4 to 6 years

High backed Booster Seat



Group 2 and 3

15 - 36 kg (33 - 79 lbs)
4 to 11 years

Booster Cushion



Group 3

22 - 36 kg (48 - 79 lbs)
and 125cm or taller
6 - 11 years

As your child grows it is important to ensure that the seat is still suitable and appropriate. Car seat designs are becoming more adaptable and have additional support cushions or moveable sections to extend/reduce/increase the seating capacity for the child. If the car seats is no longer suitable or does not fit correctly then it is time to consider finding one which is more appropriate. It is advisable to take your child with you when choosing a new seat. Some retailers have trained staff who will help you try the seat in your car before you buy it and will even fit it for you.

The regulations mean that manufacturers aren't allowed to introduce new models of backless booster seats for children shorter than 125cm or weighing less than 22kg.

The child car seat you choose must:

- Conform to current standards: only EU-approved height-based child car seats can be used in the UK. These have a label showing a capital 'E' in a circle and 'R129'. Only EU-approved weight-based child car seats can be used in the UK. These have a label showing a capital 'E' in a circle and 'ECE R44'.
- Be suitable for your child's weight and height.
- Be correctly fitted according to the manufacturer's instructions.

We do not recommend that you use a second-hand car seat as you cannot be sure of its history: its safety features may be compromised.

For up to date information:

www.childcarseats.org.uk/choosing-using
and

www.gov.uk/child-car-seats-the-rules/using-a-child-car-seat-or-booster-seat

In-car safety

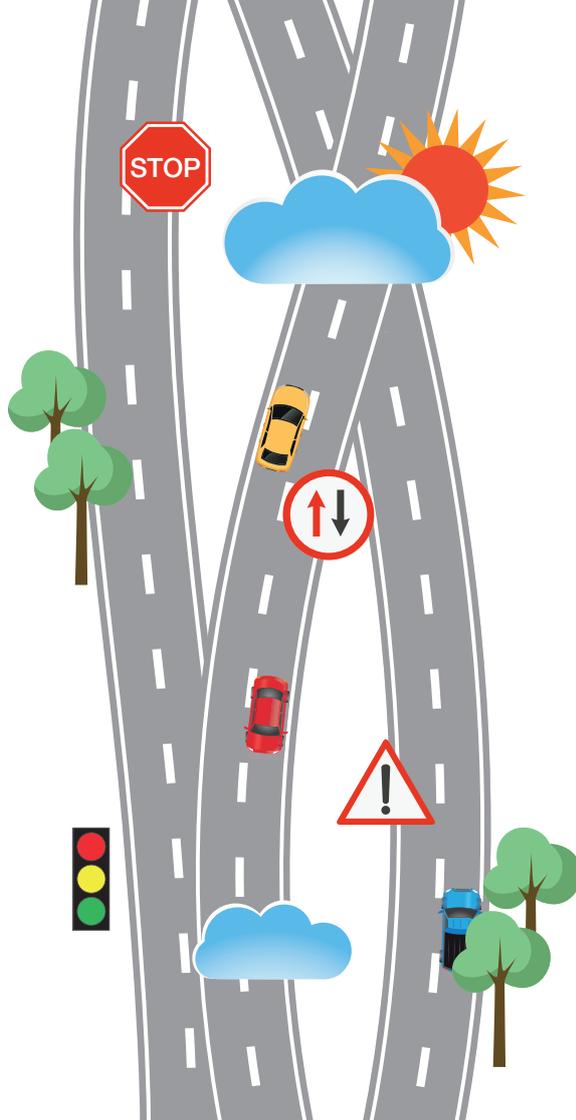
Fit your car seat in the back seat of the car, preferably to the kerbside. If you must sit a child in the front passenger seat, position the seat as far back as possible, as this will lessen the force of the impact with airbags if they deploy.

NEVER put a rearward facing baby seat in the front if there is an active passenger airbag, it is dangerous and illegal.



Prepare for your journey

- Keep all loose items secure in the glove box or the boot as loose items may cause injuries in a collision.
- Activate the child locks so that your child can not open the car door.
- Never allow children to play unsupervised in a parked car.
- Have plenty of water available.
- Make sure children are comfortable, they will travel better.
- Dress them in comfortable clothing. Snugly fitting seats can make them warmer. If you remove a thick outer garment remember to adjust the length of their harness straps.
- Try to plan breaks during longer journeys.
- Give them something to do. If they are occupied they are less likely to distract you. It is important to start teaching them very early on that they need to allow the driver to concentrate. This is a skill they can develop as they become older passengers and it will help to raise their awareness of the dangers of the road.



- Try playing games like 'I-Spy' or Travel Trump games like 'How many motorcyclists can you spot?' etc.
- Encourage them to behave safely by not fiddling with or undoing their harness or seat belt.
- On hot days, cool your car as much as possible before your child gets in. Try to shade them from direct sunshine as this may increase their temperature and make them uncomfortable. Younger children are more at risk of heat stroke and dehydration.
- Teach your child to keep their limbs in the car and not out of the window, even when the vehicle is stationary.



Car park safety

Keep your children under control in car parks. Drivers will not see a small child or anticipate how quickly they can move. Load your children before your shopping!

Driveway safety

Drivers will not expect children to be on driveways. Teach your child that they should treat it as a small road and not to use it as a playground.



Further useful information can be found at:

www.childcarseats.org.uk

www.gov.uk/child-car-seats-the-rules

www.cyclinguk.org/guide/guide-to-child-bike-seats

To learn more about our initiatives on all aspects of road safety in Sussex visit our website:

www.SussexSaferRoads.gov.uk

 www.facebook.com/SaferRoads

 twitter.com/SussexSRP



Email: Info@SussexSRP.org.uk Web: www.SussexSaferRoads.gov.uk

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 SussexSaferRoadsPartnership

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Sussex Safer Roads
P A R T N E R S H I P



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