



## Restraints for children 7 years and older

There must be only one passenger for each seatbelt – no double ups.

It is safer for children of any age to travel in the back seat of a car.

If you are not tall enough to use an adult seatbelt you tend to slump into the seat so that your legs bend at the seat edge. This means the lap part of the seatbelt is too high on your stomach and you are at risk of injury in a crash.

Wear a seatbelt if it is fitted in the bus.



All occupants in a vehicle must wear a restraint. It is the law.

An adult seatbelt will fit you properly when you are around 145 cm tall.

Lap-sash seatbelts provide greater protection than lap-only seatbelts.

**Remember** to belt up to stay safer and to save your driver being fined or losing demerit points.

A seatbelt fits properly if:

- the sash sits flat on the shoulder without touching your face or neck
- the lap part crosses low over your hips
- it is not twisted and all slack is removed.

**Remember** if you have brothers or sisters:

- they cannot travel in the front seat of the car unless they are aged between 4 and 7 years, and all the back seats are occupied by other children under 7 years
- they must either use a forward-facing child restraint with an inbuilt harness, or use a booster seat and be restrained with a seatbelt or child harness if they are under 7 years of age.