

1 Restraints



Discussion questions

Tell me what you do when you get in the car.

Where is the best place for you to sit in the car?

Who helps you put your restraint on?

Why does a restraint keep you safe while traveling in the car? I

wonder why everyone is wearing different types of restraints.

Who has to wear a restraint in the car?

Is it safe to take your restraint off when the car is still going?

Key messages for children

- Buckle up every trip every time.
- Everyone has to wear a restraint.

Key points

- The term 'restraint' refers to all child car restraints and lap sash belts or seatbelts.
- Children 0-7years must use an approved / Australian Standard (AS/NZ1754) child car restraint.
- Best practice reveals that children require height and weight appropriate restraints until they are much older.
- All occupants of a car must wear a restraint if available.
- Child car restraints are selected on size and height, not the age of the child.
- Do not use a restraint that has been involved in a crash.
- Child car restraints less than 10 years old are recommended.
- Do not use a restraint that is older than 10 years unless there is no other alternative.

Restraints

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Everyone has to wear a seatbelt, and children need to be in an age appropriate child seat.

