Seat Belt Facts

- Place the shoulder belt across the middle of your chest, mid-shoulder, and away from your neck.
- Adjust the lap belt across the upper thighs, below your stomach.
- Never put the shoulder belt behind your back or under an arm.
- Children should be in a car seat or booster seat until 4'9" tall or until the seat belt fits the child correctly.
- NHTSA recommends that children under 13 ride properly restrained in the back seat.
- If a child younger than 13 must ride in the front seat, the child should be correctly restrained by the vehicle's lap-and-shoulder belt and the vehicle seat should be moved back as far as possible from the dashboard.

Seat Belt Info

Click-It, Utah! Do you have questions about car seats, seat belts, or the seat belt laws in Utah? Go to ClickIt.utah.gov and get your questions answered.

4 Steps for Kids

1. ***Rear Facing*** - The American Academy of Pediatrics recommends keeping your baby/toddler rear facing as long as possible—often until after age two and 30 lbs.
2. ***Forward Facing*** - Toddlers should stay in their forward facing car seat until they reach the upper weight or height limit of the particular seat.
   **Always read the child seat instruction manual for proper use and installation.*
3. ***Booster Seats*** - Once the child has outgrown the forward facing seat, they should ride in a booster seat until the seat belt fits correctly.
4. ***Seat Belts*** - Transition to a seat belt when it fits the child properly, typically around 4'9" tall. A seat belt fits correctly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest.

For more information on how to properly restrain children of all ages in a vehicle, go to ClickIt.utah.gov

Car Seat Inspection Stations

Utah has inspection sites where parents can have a certified child passenger safety technician inspect their child's safety seat. Go to ClickIt.utah.gov to find an inspection station near you.