

The Strong Bones

Seat belts are made for adults, not children. In fact, seat belts are made for a person who is at least 4'9" tall. How tall is your child?

According to Utah law, children need to be 8 years old before they sit in a seat with a belt, however, ask yourself this question, "Does the seat belt fit the child correctly?"

If your child cannot properly fit into the seat belt they should be using a booster seat. The booster seat will boost up the child and position the seat belt over the strong bones of their body. This allows them to receive the maximum protection in a crash. Using a booster seat reduces serious injury by 45% rather than using a seat belt alone. Passengers riding properly restrained in the back seat are 40% safer than riding in the front seat.



Take this simple five-step test to tell if your child needs a booster seat.

1. Does the child sit with their back all the way against the back of the vehicle seat?
2. Do the child's knees bend comfortably at the edge of the vehicle seat cushion?
3. Is the lap belt low and on the top of the child's thighs?
4. Is the shoulder belt centered across the chest, in between the shoulder and neck?
5. Can the child stay seated like this for the whole trip?

If you answered "no" to any of these questions, your child needs a booster seat to ride safely in the car.

For more information on booster seats, go to ClickIt.utah.gov.