

Take the **Car Seat YES Test**

Using a car seat properly is required by law in Alberta. Use the YES test to help you properly install the car seat in your vehicle and buckle up your child correctly every time. **Push, pull and adjust the car seat until you can answer YES to each item that applies to your child's car seat.**

Who should be in a forward-facing car seat?

- When your child outgrows their larger rear-facing car seat by height or weight, they should move to a forward-facing car seat with a harness.
- Forward-facing car seats include the larger rear-facing seats that you can change to a forward-facing car seat as your child grows. They also include car seats that can change from a forward-facing car seat with a harness into a booster seat.
- Use a forward-facing car seat with a harness until your child reaches that seat's maximum height or weight limit for the harness.

Some forward-facing seats can be used with a harness for children weighing up to 30 kg (65 lb.).



Getting ready

- I've read the instruction booklet that came with the car seat.
- I've read my vehicle owner's manual on how to install a car seat.
- I've checked the labels on the car seat to find the maximum forward-facing height and weight limits. My child's height and weight are under the limits.
- My child's car seat is in the back seat.
- My child's car seat is approved to be used in Canada and has a CMVSS label.

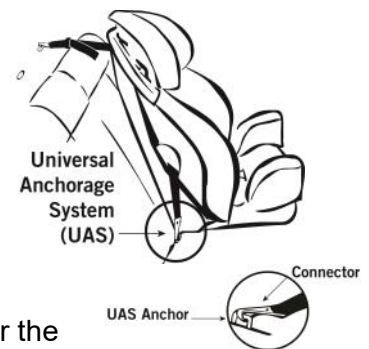
Securing the car seat

There are 2 steps to install the forward-facing car seat in your vehicle.

1 Secure the bottom of the car seat.

Either

- I'm using the **Universal Anchorage System (UAS)** to secure the car seat.
 - I've checked my vehicle owner's manual for the correct UAS anchor locations.
 - I've checked my vehicle owner's manual and car seat's instruction booklet for the maximum weight limit for the use of the UAS. If my child is above the limit, I'll secure the bottom of the car seat with the seatbelt instead.
 - The UAS belt goes through the **forward-facing belt path** on the car seat and is attached to the UAS anchors.
 - I've pushed down on the car seat and pulled the UAS belt tight.



Or

- I'm using the **seat belt to secure the car seat.**
 - I've checked my vehicle owner's manual for how to lock the seat belt for use with a car seat.

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- The seat belt goes through the **forward-facing belt path** on the car seat and is buckled up.
- I've pushed down on the car seat and pulled the lap belt tight.
- If the seat belt doesn't lock, I've used a belt lock or locking clip.



2 Always secure the top of the car seat with the tether strap.

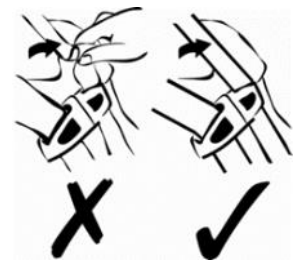
- My vehicle came with a tether anchor or I had a tether anchor installed at the vehicle dealer.
- The tether strap is hooked to the tether anchor in my vehicle. The tether strap is tight.



- The car seat moves less than 2.5 cm (1 inch) in any direction when I push and pull on it.**

Buckling your child in the car seat

- The slots that the harness straps go through are at or above my child's shoulders.
- The chest clip is at the level of my child's armpits.
- The shoulder harness lies flat with no twists.
- The harness is snug. I can't pinch a fold in the harness strap.



Being safe

- My child rides in the car seat for every trip.
- I've sent in the registration card for my child's car seat.
- I've checked for safety alerts and notices (recalls) for my child's car seat. Recall information is available from [Transport Canada online](https://www.transportcanada.gc.ca) or at 1-800-333-0510.
- When my child outgrows the forward-facing car seat with a harness by height or weight, I'll move them to a booster seat.



If you answered "YES" to all of the statements, you're ready for travel! If not, check the instruction booklet for your car seat as well as your vehicle owner's manual for the exact installation instructions.

For more information:

- go to healthyparentshealthychildren.ca (search for car seats)
- go to myhealth.alberta.ca (search for car seats)
- call Health Link at 811

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