

FACT SHEET

Right child,
right restraint, right time



Age	Legal Requirements	RACT Recommendation
<p>■ Birth to 6 months</p> 	<p>Must be restrained in an approved rearward facing restraint (dedicated infant restraint or rearward facing safety seat).</p> <p>and</p> <p>must be in the rear row (where the vehicle has two or more rows of seats).</p>	<p>RACT recommends using a dedicated infant restraint that is specifically designed for small babies. Dedicated restraints tend to take up less room than convertible baby seats.</p> <p>Dedicated restraints generally allow for the bassinette to be removed from the base in the vehicle for convenience.</p> <p>Look for a restraint that features a small harness that suits the small shoulders of newborn babies.</p> <p>Check to see how the restraint fits into your vehicle and how easy it is to use.</p>
<p>■ 6 months to 4 years</p> 	<p>Must be restrained in either an approved rearward facing restraint</p> <p>or</p> <p>forward facing child safety seat (a seat with inbuilt harness).</p> <p>and</p> <p>must be in the rear row (where the vehicle has two or more rows of seats).</p>	<p>Look for a convertible seat that allows your child to remain rearward facing to approximately 12 months of age. Keeping babies rearward facing longer is the preferred option.</p> <p>Look for a tall seat that will accommodate them through to four years of age.</p> <p>Some convertible safety seats have large wings on the side that provide extra head protection. Some restraints allow all the adjustments to be done from the front of the seat, making it easier to use.</p>
<p>■ 4 years to 7 years</p> 	<p>Must be restrained in an approved forward facing child safety seat (a seat with inbuilt harness).</p> <p>or</p> <p>an approved booster seat restrained by a correctly adjusted seatbelt (or child safety harness).</p> <p>and</p> <p>must be in the rear row (where the vehicle has two or more rows of seats) unless all rear seating positions are occupied by children under 7 years.</p>	<p>Look for a booster seat that is tall, preferably with an adjustable head rest that can be adjusted as the child grows. Ensure that the design of the booster seat provides good seatbelt guidance for both the lap and sash parts of the seatbelt.</p> <p>When using multiple restraints it is important to check that the design of the booster allows access to the vehicle seatbelt buckle.</p> <p>A harness is required when only a lap belt is available.</p>
<p>■ 7 years to 16 years</p> 	<p>Must be restrained in an approved child restraint (child safety seat or booster seat – depending on their size)</p> <p>or</p> <p>a properly adjusted and correctly fastened adult seatbelt.</p> <p><i>Note: A properly adjusted seatbelt is where the sash part sits on the shoulder and the lap part sits low across the hips or upper thighs.</i></p>	<p>Children should not move out of their booster until they have outgrown it. If a child has outgrown their booster and is still not able to wear the seatbelt correctly then a larger booster may be available.</p> <p>Place the child on the seat with their bottom right back, fit the seatbelt across the child ensuring that the seatbelt fits correctly. Ensure that the child's legs bend at the edge of seat and hang over the front.</p>

Note: It is important to note that you should only move a child up to the next stage when they have outgrown their current restraint. If the child is too large for the nominated type of restraint the child may move then, and only then, to the next type of restraint.

**For more information on RACT Child Restraints contact RACT on 132 722,
visit www.ract.com.au or email education@ract.com.au**

