



Child Accident Prevention Foundation of Australia in the Australian Capital Territory

We are a not-for-profit organisation with a mission to save children from preventable accidents causing deaths and injuries.



FREE
INSTALLATION
WHEN YOU
PURCHASE A
CAR SEAT IN
OUR SHOP



CAR SEAT
CHECKS



CAR SEAT &
BOOSTER HIRE



INFANT
CAPSULE HIRE



CAR SEAT
INSTALLATION



SAFETY
RESOURCES

Contact Us



Phone Number:
02 6290 2244

Email:
shop@kidsafeact.com.au

VISIT OUR WEBSITE FOR
APPOINTMENTS AND
INFORMATION



MONDAY - FRIDAY
CLOSED PUBLIC HOLIDAYS

9:00AM - 12:00PM
12:45PM - 3:00 PM

Part 1: Car seat and car safety

Part 2: Home safety



Check and Correct

Approx. 8 out of 10 car seats in Australia are incorrectly installed or the fit of the child is incorrect.

Learning how to use your seat correctly may save your child's life in a car crash.



Recommended Ages

Children should sit in the mode that fits them best.



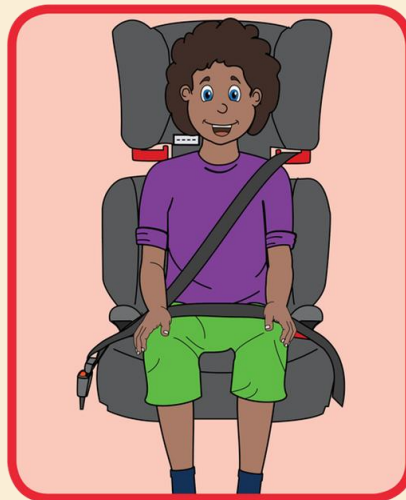
Rear-facing

For as long as possible.
Recommended 2 - 4
years.



Forward-facing

Harness for as long as
possible.
Approx. 2 - 8 years



Booster

Booster for as long
as possible.
Approx. 8 -12 years



Adult Seat

5 - Step Test to
determine readiness.
Approx. 10 + years

Shoulder Markers

These labels show a line where the shoulders need to reach before they should move to the next stage.

Shoulder markers are the legal requirement for the child to travel in that particular car seat.

Read your instruction manual to ensure correct use of your car seat.



Why Rear face for longer?

Rear facing is the safest position because it keeps their head, neck and spine aligned in a car crash.

It is recommended to keep them in this stage for as long as possible and as long as they fit.



Infant Carriers and Rear-facing seats



Infant Carriers/
Capsules usually
last until 6 to 12
months of age.

Do not worry about
their long legs, they
are flexible at this
age and their legs
have less injuries
in this position.



There are car seats
available that can
keep children rear
facing up to 3-4
years old, which is
the safest option.

Rear-facing and Infant Capsules

STEP 1: Loosen tether

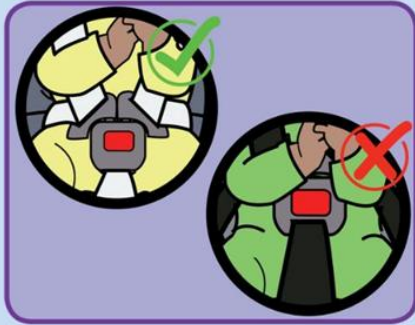
STEP 2: Twist free harness

STEP 3: Buckle low on hips

STEP 4: Level shoulder straps

STEP 5: Tight Harness

STEP 6: Tighten tether



Only two fingers
under



No pinch



Forward-facing Harnessed Seats

STEP 1: Twist free harness



STEP 2: Buckle low on hips

STEP 3: Level shoulder straps



Should be level with the shoulders



or slightly above

STEP 4: Tight Harness



Only two fingers



No Pinch

Booster Seats

STEP 1: Level shoulder guide

Adjust the height so it is level with shoulders.



STEP 2: Seatbelt is on hips

The lap portion of the seatbelt should sit across the hips.



STEP 3: Twist free and tight seatbelt

Remove all twists from the seatbelt before buckling up. Make sure it is tight on the body.

The child must not bend over and is safest when sitting still in the booster.



5-Step Test

The 5-Step Test will determine if it is safe to sit in the adult seat.

STEP 1: Back against seat



STEP 2: Knees bent



STEP 3: Seatbelt on shoulder



STEP 4: Seatbelt low on hips



STEP 5: Sit still for whole trip



Head flop for newborns in rear-facing car seats or capsules

It is safe if the baby's head flops to the side.

Head flopping forward onto their chest may block their airway.

It is safest when there is a gap between their chin and chest, or a small double chin touching their chest (baby skin fold).



Do not use any padding that did not come with the seat from the manufacturer.

It is not safe to use after-market items, such as neck pillows.



Shoulder Harness Pads

Safe to remove at any age.

Newborn Insert

- This cushion boosts babies higher up so the buckles sits at their hip level.
- A buckle that sits in the wrong position could cause injuries in a crash.

Never leave a child alone in the car!

Children can overheat very quickly, leading to dehydration, brain damage and/or death.

How to minimise the risks:

- Make a routine, always checking car seats before exiting the car
- Leave something next to the car seat like your phone, purse or bag
- Store car keys out of reach of children



CAR SEATS HAVE A 10 YEAR LIFESPAN



10
years

Must meet Australian Standards.

Never use a car seat that has been in a moderate or severe car crash.

Never use damaged seats or old car seats.

Home Safety

With a young child it is hard to predict what they will do.

If you have the information about what to look for, what to install and where to go for more help, it may save your child's life.



Babies and toddlers are at a higher risk of poisoning because they tend to explore the world with their mouth.

Keep poisons in a locked cupboard above 1.5m, out of reach of children.



Garden sheds should be locked at all times.



Keep chemicals stored in their original container, properly labelled and with a locked lid.



Have somewhere high for bags to be stored out of reach of children.



Keep children away from pet litter trays and pet food.

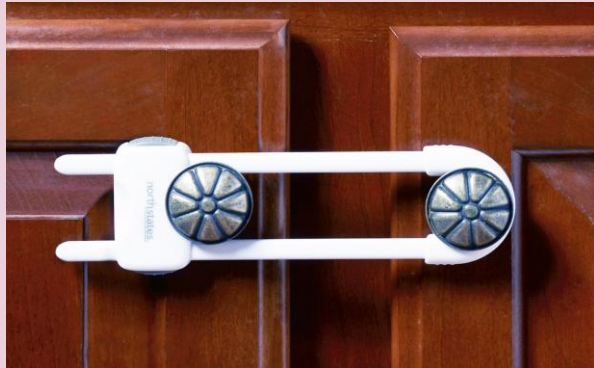


Child Resistant Locks Vs Child Proof Locks

Child Resistant Locks:

- Require two hands to operate.
- Visible on the outside.

They are child-resistant because some children learn quickly how to use them and can still access the hazards inside.



Child Proof Locks:

- Operate on the inside.
- Automatically lock when the door is closed.

These are much harder to operate for young children and therefore are safer for containing hazardous objects.



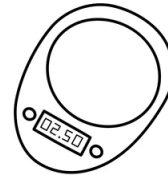
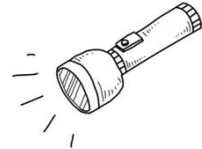
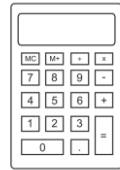
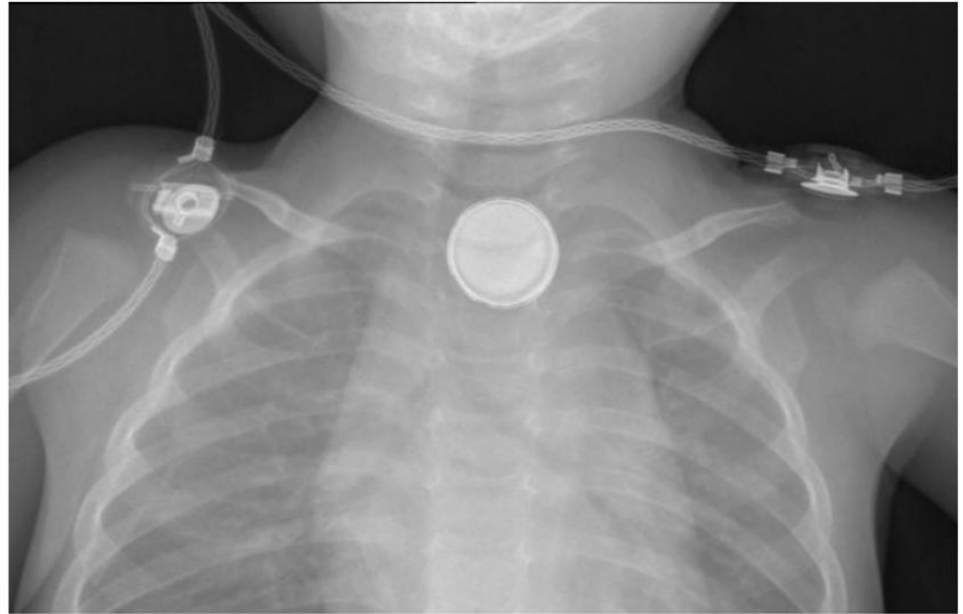
Button Batteries

Inside the body the battery can burn within 20 minutes and can result in irreversible damage within 2 hours.

Go to the emergency department as soon as possible for an X-ray.

Prevention:

- Supervise children around objects with button batteries and keep out of reach of young children.
- Secure and maintain the battery compartment.
- Dispose of batteries immediately and safely.



Children can drown in a few
centimetres of water.
It is often quick and quiet.

Bathroom

Never leave a child alone in the bath. Always keep them within arms reach, even if they are in a bath seat.



Always keep a hands on young children in the bath.



Always take the plug out as soon as you are finished with the bathtub or sink. Store the plug out of reach of children.



Laundry



Use a child lock on the machines to stop children from climbing inside or playing with it.



Always check the machine before turning it on.



Use soaking buckets with lids and keep them up high away from children.



Consider putting a safety gate in the laundry/ bathroom doorway to prevent children from entering the room.



Store toys outside of the enclosed pool area, to prevent children trying to reach them.



**Never prop open gates.
Keep things away from the fence so children can't use them to climb over.**



Store buckets, play water tables and anything else that can collect rain water upside down or away.



Barriers prevent children from falling into water features/ponds.



Never leave them alone and keep young children within arms reach.



Always supervise children around water, even shallow water areas.

Accidents caused by falling furniture or falling off of furniture

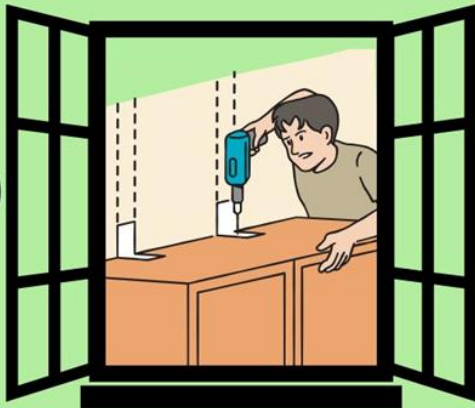
A hand on your child at all times on the change table



Secure the TV to the wall or cabinet



Secure large furniture to the wall



Always have a tight harness on the child



Prams / Strollers

1. Never cover your pram/stroller with a blanket.
2. It is recommended to use shade covers designed for the pram/carrier that are open for airflow.
3. **Always** use the child's harness in a pram.
4. When pushing the pram use the safety wrist strap.
5. Always engage the brake when stopped.



Baby Carriers

1. Always have baby's face visible and high on chest.
2. Correct position of your baby's body can prevent them from moving into an unsafe position, which can cause suffocation.
3. Always check regularly to keep them safe.



C-shaped back



Legs in M



Thank you for keeping your children safe in our community!

We have lots of information on our website and in our shop.

You are welcome to email or call us if you have any questions about your child's safety in the car or around the home.

Please contact us to book your car seat service appointments.