



## Child Passenger Safety 101 for Perinatal Nurses “Rear-Facing Car Seats”

Presented by:  
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## You will not be a technician...

- \* The purpose of this presentation is to teach the basics of Selection & Harnessing on rear-facing child restraints
- \* Certified Technicians are protected by Oklahoma HB 1847

E. A person who is certified as a Child Passenger Safety Technician and who in good faith provides inspection, adjustment, or educational services regarding child passenger restraint systems shall not be liable for civil damages resulting from any act or omission in providing such services, other than acts or omissions constituting gross negligence or willful or wanton misconduct.




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## Oklahoma’s CPS Law

November 1, 2015

- \* Children under age 2 must be properly secured in a rear-facing car seat
- \* Children under age 4 must be properly secured in a car seat with an internal harness
- \* Children under age 8 must be properly secured in a car seat or booster seat unless they are taller than 4’9”




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# Physics and CPS

- \* Newton's law of motion:
  - \* An object in motion remains in motion at the original speed until acted on by an outside force (e.g., steering wheel, windshield, dashboard, seatbelt or internal harness)
  - \* Restraining Force = weight X speed




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# Car Seat Parts




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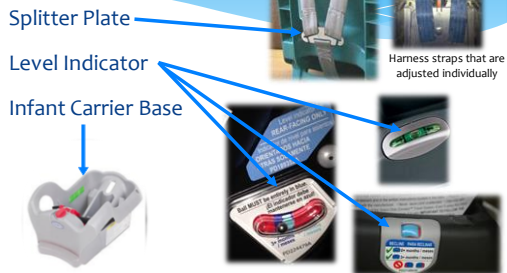
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# Car Seat Parts




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*This vehicle was completely demolished, but the young mother and her infant survived without catastrophic injuries, because they were restrained properly. The photo speaks volumes about the right seat at the right time and used in the right way.*



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### An occupant's chance of survival increases dramatically when properly restrained

- \* Some crashes are so violent that even properly restrained occupants are injured or killed
- \* Many factors determine injury outcome:
  - \* size and weight of the occupant(s)
  - \* size and speed of the vehicle(s)
  - \* emergency response time



Car Seats, Booster Seats, Seat Belts, and Air Bags  
= The Best Chance of Survival

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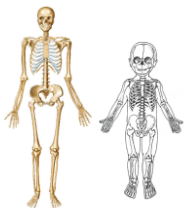
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### Necessity of Being Rear-Facing

- \* Larger head
- \* Weak neck
- \* Immature skeleton



The vertebrae do not turn into solid "rings" of bone until 4-6 years of age. Keep your child rear facing until as close to age 4 as possible!

12 mos 6 years

Super Car Seat Geek



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## Rear-Facing Fit Check



These guidelines apply to **all rear-facing** car seats, whether they are infant carriers or convertibles

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## Rear-Facing only Car Seats- Ages 0-2+

### Infant Carrier:

- \* Always has a handle
- \* Used rear-facing only
- \* Most can be used with or without the base




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## Rear-Facing Car Seats- Ages 0-2+

### Convertible Car Seat:

- \* Rear-facing (RF) up to the maximum RF weight limit
  - \* Feet and legs touching or hanging over the sides is not an issue
- \* May also be used forward-facing (FF) up to the FF maximum weight limit




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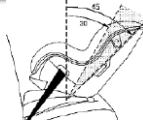
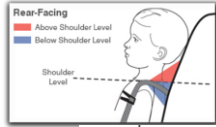
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## Rear-Facing Car Seats- Ages 0-2+

\* Harness straps should be in reinforced slots, **at** or **below** shoulders

\* Car seat should be reclined at 30-45° angle (45° for a newborn)

\* Top of head should never be within an inch of the top of the seat



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## Forward-Facing Car Seats Ages 2 – 4 years+

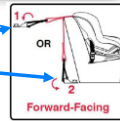
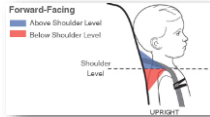
\* Children under age 4 must be secured in a car seat with a harness

\* Can be used beyond age 4, until the child exceeds height or weight limit of the seat

\* Harness straps should be in reinforced slots **at** or **above** the shoulders

\* Center of the ears should not be above the car seat back

\* Always use top tether when possible



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## Why Rear-Facing

[www.Joelsjourney.org](http://www.Joelsjourney.org)



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## Proper Car Seat Use

("Silly Dogs Like Insect Hot")

- \* Child Restraint **Selection**
  - \* Age
  - \* Height/weight
  - \* Special needs
  - \* Vehicle compatibility
  - \* Ease of use
- \* Correct **Direction** of the car seat
- \* Appropriate **Location** in the vehicle
- \* Proper **Installation**
- \* Proper **Harnessing**




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## Selection

- \* Should fit the child according to age, weight, height & development level
- \* Second-hand car seats should not be used unless the full history is known
- \* Car seats expire 6 years from date of manufacture, unless otherwise specified
- \* Encourage parents to register their car seat with the manufacturer




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## Harnessing



- \* Retainer clip must be at armpit level
- \* Pinch test to ensure harness is snug
- \* No thick coats, blankets, or padding under the harness




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## Special Needs Car Seats

**Not all children with special needs require a special needs car seat**

- \* A physician or physical therapist will make the decision
- \* They are expensive
- \* A conventional seat may work or a loaner program if it is needed short term
- \* Should be included in the child's Individual Family Service Plan (IFSP) or Individual Education Program (IEP)




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## Non-regulated Products

- \* Many products may mislead one to believe that they meet federal safety standards
- \* There are NO current federal standards for testing or regulation of additional products for car seats




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## Communicating CPS to Parents

- \* Don't rush or talk too fast
- \* Use common phrases (e.g., chest clip instead of harness retaining clip)
- \* Instruct and demonstrate
- \* Ask for return demonstration by the caregiver
  - \* Better learning experience
  - \* Reduces risk of common errors




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## Communicating CPS to Parents

Be comfortable saying:

- \* “I don’t know the answer, but I’ll find out...”
- \* “Sorry, I can’t tell you a safe way to do that...”




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## Safe Sleep and Car Seats

- \* Sleep-related issues are the leading cause of death for children aged birth - 12 months
- \* 2/3 of children who die of asphyxiation are sitting in a car seat that is not installed in a vehicle – advise parents not to use car seats when they are not properly installed in the vehicle or stroller
  - \* See Oklahoma Senate Bill 1273 “Shepard’s Law”




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## Car Seat Tolerance Screening (CSTS) and Discharging

- \* Parents should bring the owner’s manual with the car seat
- \* If they are using unregulated products, recommend removing them
- \* Make sure the harness is at or below the shoulders (RF)
- \* Remove blankets, thick coats, and snowsuits that are under the harness
- \* Ensure the harness is snug (pinch test) and chest clip is at armpit level across the chest




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## What's the Best Car Seat?

- \* One that fits the child
- \* One that fits the vehicle
- \* One the parent can install and harness correctly **EVERY RIDE!**




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## FAQ: Where can I get a car seat if I can't afford one?

- \* To receive a car seat or booster seat:
  - \* Family must meet the eligibility requirements
    - \* Enrolled in WIC, eligible for WIC, or enrolled in SoonerCare
  - \* Schedule an appointment at local county health department
  - \* Child must be present for car seat fitting or mother must be within 6 weeks of due date
- \* To have car/booster seats checked:
  - \* There are no eligibility requirements
  - \* Schedule an appointment at local county health department
  - \* Child should be present for car seat fitting or mother must be within 6 weeks of due date




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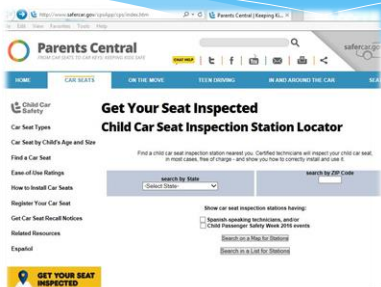
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Always ask, "Has your seat been checked by a *Certified* Child Passenger Safety Technician?"




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## Become a Certified Technician

Safe Kids Child Passenger Safety Certification Classes

Visit <http://cert.safekids.org/become-tech>

OR

Contact Safe Kids Oklahoma

Oklahoma City - 405-470-2304

Tulsa - 918-494-7233

OR

Oklahoma State Department of Health

Injury Prevention Service

405-271-3430



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## Thank you for your time!

Questions?

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(405) 271-3430

For more information on child passenger safety, visit <http://cps.health.ok.gov>

For general injury prevention information, visit <http://ips.health.ok.gov>



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