

儿童车座和加高车座的安全

Safety with Car Seats and Booster Seats

Car crashes are the main cause of accidental death and serious injury of children. Correctly using a car or booster seat can save your child's life.

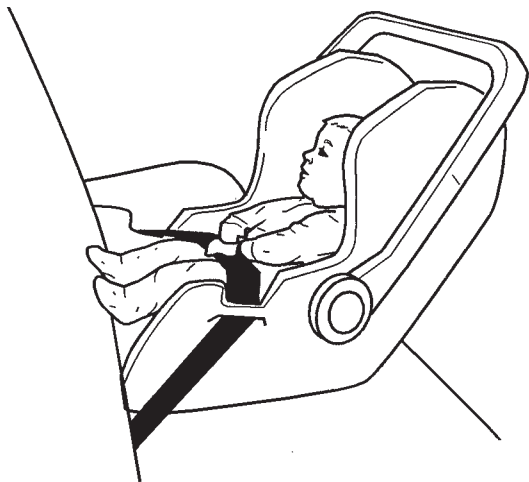
Throughout the United States, there are laws that require car seat and booster seat use for children. Laws in most states require that parents or guardians use a:

- **Rear-facing car seat** for infants under 20 pounds and until at least 2 years old
- **Front-facing car seat** for children under 40 pounds and under 4 years old
- **Booster seat** for children under 80 pounds and under 8 years old

Car seat and booster seat laws may differ by state. When you are traveling with children, follow the laws of the state in which you are driving.

Rear facing car seat

- Your child **must ride facing the rear in a car seat until at least 2 years old** or until they reach the height or weight limit on the car seat for rear facing use.



撞车是造成儿童严重伤亡的主因。正确使用儿童车座或加高车座能挽救一个孩子的生命。

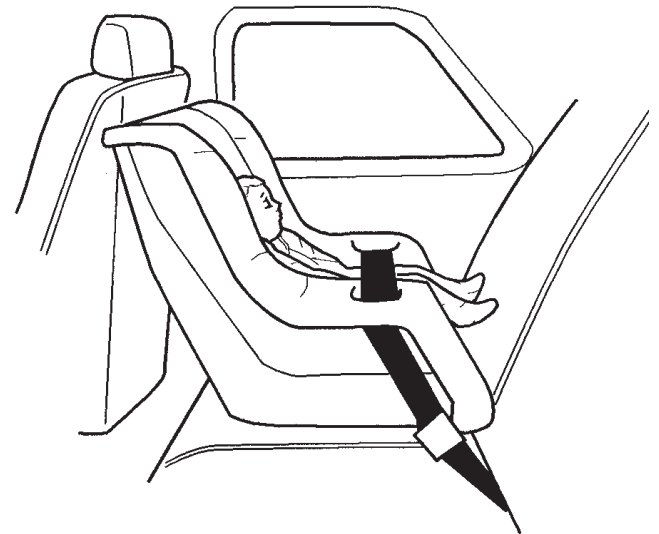
美国各地都有要求孩子使用儿童车座和加高车座的法律。大多数州的法律规定，家长或监护人必须给孩子使用：

- **后向儿童车座**（9.1公斤和2岁以下的婴儿）
- **前向儿童车座**（18公斤以下和4岁以下的儿童）
- **加高车座**（36.3公斤以下和8岁以下的儿童）

各州的儿童车座和加高车座法律有差异。带儿童旅行时应遵守驾车所在州的法律。

后向儿童车座

- 婴儿2岁以下或身高或体重达到车座的后向使用限制之前，乘车时**必须使用朝向后方的儿童车座**。

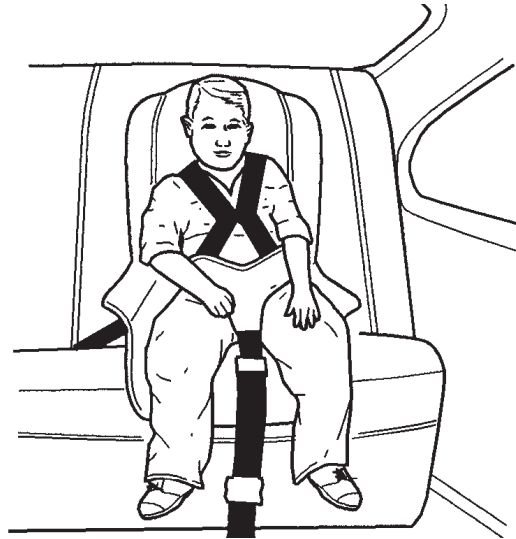


Front facing car seat

- Children between 20 and 40 pounds and under 4 years old must ride in a car seat facing forward.
- Attach the car seat's tether strap to the tether anchors in the back seat of the car.

前向儿童车座

- 体重9.1公斤至 18公斤 4岁以下的儿童乘车时必须使用朝向前方的儿童车座。
- 儿童车座的安全束带必须与汽车后座上的束带扣环扣在一起。



Booster seat

- Children under 80 pounds (4 to 8 years old) must ride in booster seats, which make the lap and shoulder belts fit correctly.

加高车座

- 36.3公斤以下（4至8岁）的儿童必须使用加高车座，这样才能使腿带和肩带处于正确的位置。



Safety tips

Laws require that drivers and front-seat passengers wear a seat belt. Children must wear a seat belt and use a car seat when riding in vehicles.

- Children do not fit in seat belts until they are over 58 inches tall and their knees bend over the edge of the seat.
- The back seat is the safest place for children under 13 years old to ride.
- Never place a child in the front seat of a car or truck unless there is no other seat. Then be sure the **passenger air bag is turned off** and the seat is back as far as it can go.
- If a child is old enough to use an adult seat belt and must ride in the front seat, secure the child correctly in the lap and shoulder seat belt. Move the front seat as far back as you can from the dashboard.

Car seats

- Not all car seats fit in all vehicles. When installed correctly, the car seat should not move more than one inch from side to side.
- Attend a car seat safety check in your community. These may be offered by your local health department.
- Keep harness straps snug and fasten the harness clip at armpit level. Harness straps should be at or below the shoulder level.
- When using a rear-facing infant seat, recline the car seat to keep the baby's head from dropping forward. Put the infant car seat carrying handle down.
- Infants and children should not wear heavy coats under the straps of the car seat's harness. If extra warmth is needed, use a blanket over the seat.

安全提示

法律规定，司机和副驾乘员必须系安全带。儿童乘车时必须系安全带并使用儿童车座。

- 儿童身高达到147公分并且膝弯处超过车座前沿之前，无法使用安全带。
- 13岁以下儿童最安全的座位是后座。
- 除非没有其他座位，否则绝不要让孩子坐在轿车或卡车的前座。在这种情况下，务必关闭**副驾座位的安全气囊**，并将座位调到尽可能靠后的位置。
- 如果孩子的年龄足够使用成人安全带而且必须坐在前座，应该让孩子系好腿带和肩带，并将前座尽量远离仪表盘。

儿童车座

- 不是所有儿童车座都适合所有的车辆。若正确安置，儿童车座不应左右移动超过2.5公分(一英寸)。
- 请参加一次您社区的儿童车座安全检查。当地的卫生部门可能举办此活动。
- 将安全带舒适贴紧并在腋窝高度的地方扣上。安全带应在与肩部齐或低于肩部的位置。
- 使用向后婴儿车座时，放置时将车座靠后仰一点，使婴儿的头部不会前倾。将婴儿车座的提手往下放一点。
- 婴儿和儿童在儿童车座的安全带下不应穿厚重外衣。如需暖和一些，请在车座上盖一张毯子。

If your child has special needs, talk to your doctor about the safest way to travel with your child.

如果您的孩子有特别需要，请咨询医生孩子在乘车时用什么方式最安全。