

# Ammaanka Kursiga Baabuurka iyo Kuraasta Buustarka

## 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.

Shilka baabuurtu waa sababta ugu weyn ee ugu dhaawaca daran iyo dhimashada carruurta. Si sax ah u isticmaalidda kursi baabuur waxay badbaadin kartaa noloshu ilmaha ama waxay ka hortagi kartaa dhaawac aad u daran.

Dalka Maraykanka dhamaantii, waxa ka jira sharciyo amraya in kursi ilmo iyo kursi xoojin loo isticmaalo carruurta. Sharciga ka jira badi gobolada ayaa waalidiinta ama mas'uuliyiinta amraya inay:

- **Kursi ilmo oo xagga dambe u-jeeda** u isticmaalaan carruurta ka yar 20 rodol illaa ugu yaraan da'da 2 sanno
- **Kursi baabuurka xagga hore u-jeeda u isticmaalaan carruurta ka yar 40 rodol ee da'dana ka yar tahay 4 sanadood**
- **Kuraasta buustarka ee carruurta ka yar 80 rodol ee ka yar da'da 8 sanno**

Xeerarka ammaanka kursiga baabuurta waa kala duwan yahay gobolada. Marka aad carruur la socdaalayso, raac sharciyada gobolka aad dhexmarayso.

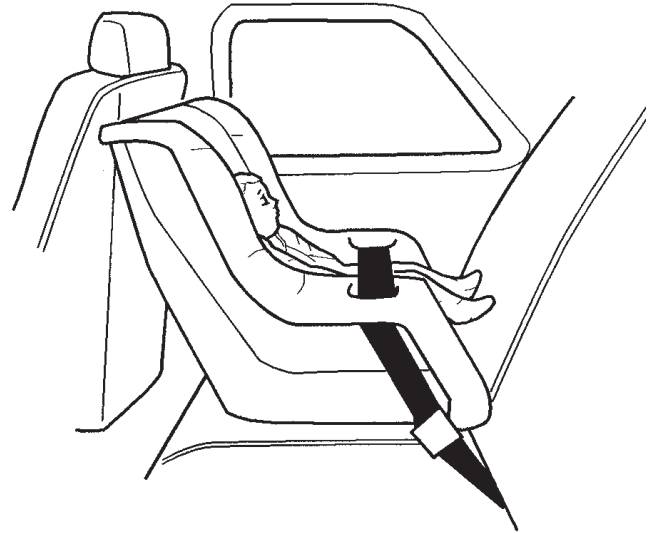
## Rear facing car seat

- 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.



## Kursi ilmo oo xagga dambe u-jeeda

- Waa in ilmahaaga la saaro **kursi ilmo oo xagga dambe u-jeeda oo la dul dhigayo kursiga baabuurka illaa ugu yaraan da'da 2 sanno** ama illaa uu ka gaadhayo xadka dhererka ama miisaanka ee u ku yaala kursiga ilmaha ee xagga dambe u-jeeda.



## 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.

## Kursi ilmo oo xagga hore u-jeeda

- Caruurta u miisaankoodu u dhexeeyo 20 rodol iyo 40 rodol ee ka yar 4 sanno waa in la saaro kursi ilmo oo xagga hore u-jeeda.
- Suunka xejinta ee kursiga ilmaha ku xidh suun qabteyaasha ku yaala dhabarka kursiga baabuurka.



## 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.

## Kursiga xoojinta

- Carruurta ka weyn 80 rodol (4 illaa 8 sanno jir ah) waa inay fuulaan kursiga buustarka, oo suunka dhexda iyo ka garabka le'eg yihiin.



## 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.

## Tilmaamaha Ammaanka

Sharciga ayaa amraya in darawalada iyo rakaabka saaran kursiga hore ay xidhaan suunka ammaanka. Caruurta waa inay xidhaan suunka ammaanka oo ay isticmaalaan kursiga ilmaha marka ay saaran yihiin baabuurta.

- Suumanka ammaanku ma leeka caruurta illaa ay ka gaadhaan dherer ah 58 inji oo jilbahoodu ka laadlaadaan qarka kursiga.
- Kursiga danbe ayaa ah meesha ugu ammaansan carruurta ka yar 13 sanno jir in ay fuulaan.
- Marna ilmaha ha fadhiisin kursiga hore ee baabuur yar ama baabuur weyn iyada oo aan kursi kale jirin mooyaane. Markaas u hubso in **baagga hawada ee rakaabka la damiyay** oo kursiga dib aad u dhigtay intii suurtagal ah.
- Haddii ilmuhu weyn yahay oo uu suun xidhan karo oo uu xagga hore fadhiyo, si fiican ugu xidh suunka dhexdiisa iyo garabka oo kursiga dib u riix oo ka fogee shidhka baabuurka.

## Kuraasta Baabuurta

- Dhammaan kuraasta baabuurta ma galaan dhammaan baabuurta. Marka si sax ah loo rakibo, kursiga baabuurku waa inaanu dhaqaaqin wax ka badan hal hiinj min dhinac illaa dhinac.
- Ka qaybgal hubinta ammaanka baabuurka ee bulshadaada. Kuwaas waxa laga yaabaa inay bixiyaan waaxda caafimaadka ee degaankaaga.
- Hayso suumanka oo ku adkee kilkilada agteeda. Suumanka gijintu waa inay ka hooseeyaan heerka garabka.
- Marka aad isticmaaleyso kursiga ilmaha dhashay ee dhinaca danbe u jeeda, kursiga gadaal u tiiri si aad madaxa ilmaha uga ilaaliso in uu horey u soo dhaco. Gacanta haysa kursiga baabuurka ilmaha hoos u dhig.

- 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.

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

- Dhar adag waa inay ka xidhaan dhallaanka iyo ilmuhu xadhiga suunka. Haddii loo baahdo tuwaal la duubay ama buste la duubay ayaa laga gelin karaa dhinacyada ilmaha si ay taageero dheeraad ah u siiso.

Haddii ilmahaagu qabo baahiya gaara, kala hadal dhakhtarkaaga ammaanka socdaalka ilmahaaga.