

兒童車座和加高車座的安全

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.



撞車是造成兒童嚴重傷亡的主因。正確使用兒童車座或加高車座能挽救孩子的生命。

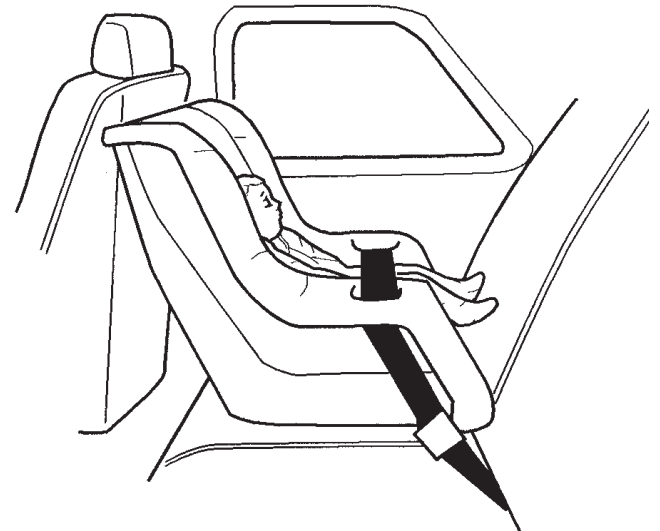
美國各地都有要求孩子使用兒童車座和加高車座的法律。大多數州的法律規定，家長或監護人必須給孩子使用：

- **後向兒童車座**（9.1公斤和2歲以下的嬰兒）
- **前向兒童車座**（18公斤以下和4歲以下的兒童）
- **加高車座**（36.3公斤以下和8歲以下的兒童）

各州的兒童車座和加高車座法律有差異。您帶兒童旅行時應遵守行車所在州的法律。

後向兒童車座

- 嬰兒2歲以下或身高或體重達到車座的後向使用限制之前，乘車時必須使用朝向後方的兒童車座。

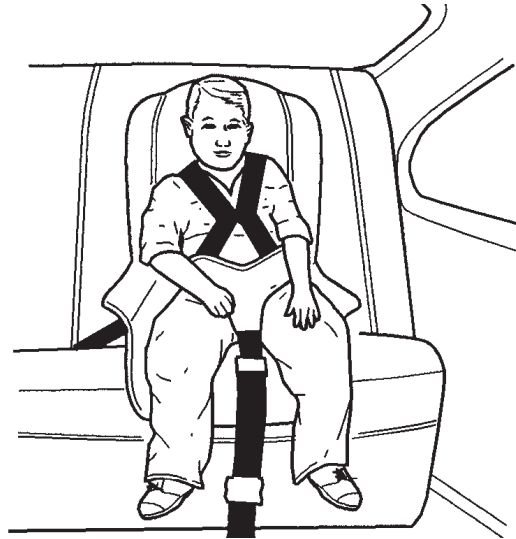


Front facing car seat

- 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.

前向兒童車座

- 體重9.1至18公斤，4歲以下的兒童乘車時必須使用朝向前方的兒童車座。
- 兒童車座的安全束帶必須與汽車後座上的束帶扣環扣在一起。



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.

加高車座

- 36.3公斤以下（4至8歲）的兒童必須使用加高車座，這樣才能使腿帶和肩帶處於正確的位置。



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

法律規定，司機和副駕乘員必須系安全帶。兒童乘車時必須系安全帶並使用兒童車座。

- 兒童身高達到147公分並且膝彎處超過車座前沿之前，無法使用安全帶。
- 13歲以下兒童最安全的座位是後座。
- 除非沒有其他座位，否則絕不要讓孩子坐在轎車或卡車的前座。在這種情況下，務必關閉**副駕座位的安全氣囊**，並將座位調到盡可能靠後的位置。
- 如果孩子的年齡足夠使用成人安全帶而且必須坐在前座，應該讓孩子係好腿帶和肩帶，並將前座盡量遠離儀表板。

兒童車座

- 不是所有兒童車座都適合所有的車輛。若正確安置，兒童車座不應左右移動超過2.5公分(一英寸)。
- 請參加一次你社區的兒童車座安全檢查。當地的衛生部門可能舉辦此活動。
- 將安全帶舒適貼緊並在腋窩高度的地方扣上。安全帶應在與肩部齊或低於肩部的位位置。
- 使用向後嬰兒車座時，放置將車座靠後仰一點以使嬰兒的頭部不會朝前傾。將幼兒車座的提手往下放一點。
- 嬰兒和兒童在兒童車座的安全帶下不應穿厚重外衣。如需暖和一些，請在車座上蓋一張毯子。

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

如果你的孩子有特別需要，請詢問醫生孩子在乘車時用什麼方式最安全。