

兒童座椅安全

Car Seat Safety

Car crashes are a top cause of death and serious injury for children. Using a car or booster seat the right way can save your child's life.

In the United States, there are laws that require car seat and booster seat use with children. Check your state's law. When you are traveling with children, follow the laws of the state in which you are driving.

Included are some general rules, but there is more to know. Always read and follow the instructions in your car seat manual.

Choosing a Seat

There are different kinds of seats to choose from. Knowing which seat to use and when to change to another can be hard. There are often experts in your community that can help and many have interpreters if you need one.

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

General Rules for Seat Use

Rear-facing Car Seat

- Babies under 1 year of age **MUST** ride rear facing. Stay rear facing until at least age 2, unless your child is above the height or weight limit of the car seat.
- Keep your baby rear-facing for as long as possible. Rear-facing is safest.

撞車是造成兒童嚴重傷亡的主因。正確使用兒童座椅或加高座椅能挽救孩子的生命。

美國各地都有要求孩子使用兒童座椅和加高座椅的法律。請查看所在州的法律規定。帶孩子旅行時，請遵守駕駛所在州的法律。

包括通用規定以及需詳細瞭解的其它規定。請務必閱讀並遵循兒童座椅手冊的說明。

挑選兒童座椅

目前可供挑選的兒童座椅類型有很多。如何挑選以及何時更換兒童座椅可能很難。您所在的社區通常有專家可以提供幫助，如果您需要的話，許多社區都提供口譯員。

如果您的寶寶是早產兒或有特殊需求，請向醫生諮詢最安全的帶孩子旅行的方式。

使用兒童座椅的通用規則

後向兒童座椅

- 1歲以下的嬰兒必須面向後方乘坐。除非您的孩子超過汽車安全座椅的身高或體重限制，否則應保持背對車行方向，直到至少2歲。
- 除非您的孩子的身高或體重超過兒童安全座椅的限制，否則至少在2歲之前都要面向後方乘坐。後向乘坐最安全。

Front-facing Car Seat

- If your child is above the height or weight limit for your rear facing seat, switch to a front facing seat.
- Use the front facing seat as long as you can, then switch to a booster seat when your child's height or weight is above the seat's limits.

Booster Seat

- Use a booster seat until:
 - Child's back and bottom are flat against seat of car.
 - Shoulder belt fits across the middle of the shoulder and chest.
 - Lap belt fits low across the hips.
 - Knees bend at the edge of the vehicle's seat.
 - Can sit with feet on the vehicle's floor for the whole ride.

Safety Tips

Riding in Back is Best

- The back seat is the safest place for children under 12 years to ride.
- Never place a child in the front seat of a car or truck that has a passenger air bag.
- If a child is old enough to use an adult seat belt and must ride in the front seat, use a lap and shoulder seat belt the right way and move the front seat as far back as you can from the dashboard.

前向兒童座椅

- 如果您的孩子超過了後向汽車安全座椅的身高或體重限制，請更換前向汽車安全座椅。
- 請盡可能使用前向的安全座椅。如果孩子的身高或體重超出座椅限制，請更換加高座椅。

加高座椅

- 在兒童達到以下標準前，請始終使用加高座椅：
 - 兒童的後背和臀部貼合汽車座椅。
 - 肩帶適合肩胸部的中部。
 - 搭接腰帶適合臀部兩側。
 - 膝部在汽車座椅的邊緣彎曲。
 - 在駕駛全程，雙腳可以觸及車輛地板。

安全提示

最好後座乘坐

- 12歲以下兒童最安全的座位是後座。
- 切勿將兒童放在有安全氣囊的汽車或卡車的前座上。
- 如果孩子達到足以使用成人安全帶的年齡，並且必須坐在前排座椅上，請以正確的方式使用腰部和肩部安全帶，將前排座椅盡可能拉後，遠離儀錶板。

Car Seat Tips

- Not all car seats fit in all vehicles. When installed the right way, 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.
- Harness straps come over the shoulders and fasten in two places - over the chest and between the legs. You must fasten both!
- For small babies, a rolled up baby blanket can be placed on either side of the head or the body for support. **Do not** place anything behind the baby's back or under the baby.
- Coats, snow suits or bulky clothing should not be worn under the car seat harness. Tuck a blanket over your baby after they are strapped in, if needed.
- Baby's head may naturally turn to the side, but should not fall forward (chin on chest).
- Place something in the back seat that you need near the baby, so you don't forget to take baby out, especially when your routine is different.

Booster Seat Tips

- Booster seats use the vehicle's adult seat belt instead of the harness straps to secure the child. The seat belt should fit low and over the hips and thighs.
- The shoulder belt crosses the center of the child's shoulder and stretched across the chest. It should not cross in front of the face or neck.
- Do not let your child put the vehicle's shoulder belt behind them or under their arms.

兒童座椅提示

- 不是所有兒童座椅都適合所有的車輛。若正確安置，兒童座椅不應左右移動超過2.5公分(一英寸)。
- 請參加一次你社區的兒童座椅安全檢查。當地的衛生部門可能舉辦此活動。
- 安全帶繞過肩部並固定在兩個位置——胸部和雙腿之間。務必將兩個部位系緊！
- 對於小寶寶來說，可以卷起嬰兒毯，將其放在頭或身體兩側，作為支撐。請勿在嬰兒的背後或下方放置任何物品。
- 請勿在兒童安全座椅綁帶下加塞外套、雪地服或笨重的衣服。必要時，在扣好安全帶後，為嬰兒加蓋一層毯子。
- 嬰兒的頭應該自然轉向側面，但不能向前傾倒（下頷抵在胸部）。
- 把需要的東西放在後座上，靠近寶寶，以免忘記將寶寶帶離汽車，尤其是在日常作息有所不同的時候。

加高座椅提示

- 加高座椅使用車輛的成人安全帶固定兒童身體。安全帶的位置應就低，以繞過臀部和大腿。
- 肩帶繞過孩子的肩部中央，在胸部延伸。不應在臉部或頸部前方交叉。
- 切勿讓孩子將汽車的肩帶放在他們的身後或腋下。

Help Installing Your Car Seat

- Contact your local health department. Many offer help with buying and installing car seats.
- Contact your local hospital. Many offer help to correctly install and use car seats.

幫助安裝兒童安全座椅

- 請聯絡當地的衛生部門。很多地方衛生部門都會提供購買和安裝汽車安全座椅的幫助。
- 聯絡當地醫院。很多當地醫院都會提供正確安裝和使用汽車安全座椅的幫助。