



American
Heart
Association.

Infant CPR Anytime®

Skills Reminder—Car Safety

Infant Car Seats*

Birth to 12 months



Infant-only seats must be used rear facing. Always use rear-facing seats for infants from birth to 12 months old.

Convertible and **3-in-1** car seats have higher height and weight limits so that you can use a rear-facing seat longer than 1 year.

Child Car Seats

1 to 4 years

Keep a child in a **rear-facing** car seat as long as recommended. Know the height and weight requirements for car seats in your state.

Once children outgrow rear-facing car seats, they can use **forward-facing** car seats in the back seat of the car.



*Make sure the car seat is the right size for the infant's age, height, and weight. Check your local resources for safety checks and seat regulations for your infant. Use the car seat the right way. Follow the manufacturer's instructions.

Infant & Child Car Safety

- Make sure that children younger than 13 years are buckled up in the **back seat**.
- Have them keep their arms and legs inside, not hanging out of the window.

Never leave a child alone in the car:

- Put your phone or bag on the floorboard in the back so that you'll always check the back seat before locking the car.
- Keep a large stuffed animal in the child's car seat and move it up front whenever you buckle in the child. This will help you remember that if the stuffed animal is up front, the child is in the back.
- Tell your child's day care that you'll always phone if your child won't be there as scheduled.
- Ask your childcare provider to call if your child doesn't show up for care as expected.

