

Step by Step

5 STEP TEST

STEP 1 *Back against seat*



STEP 3 *Sash on shoulder*



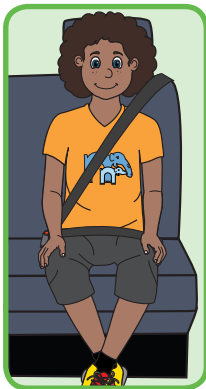
STEP 4 *Lap belt low on hips*



STEP 2 *Knees bent*



STEP 5 *Sit still whole trip*



Step by Step

5 STEP TEST

STEP 1 *Back against seat*

- Make sure the child sits all the way back in the seat with their back flat up against the seat of the car

This stops the child sliding forward which lifts the lap belt onto their stomach

STEP 2 *Knees bent*

- Their knees must be able to bend over the edge of the seat with their back and bum staying flat against the back of the seat

This prevents the child sliding and will keep the lap belt in a safe position on the hips

STEP 3 *Sash on shoulder*

- The sash belt should sit across the middle of the child's shoulder, not touching the face or neck

The belt should be firm and flat against the child's hips, torso and shoulders

STEP 4 *Lap belt low on hips*

- The lap belt must sit low and firm on the hips

Seatbelts can cause internal injuries if they sit on the stomach

STEP 5 *Sit still whole trip*

- The child must be able to sit still for the entire trip so the seatbelt stays correctly and safely positioned on their body

A child needs to pass all 5 Steps to be able to safely travel without a child restraint using the adult seatbelt

It is recommended that if a child still fits in a child restraint that they should continue to use one