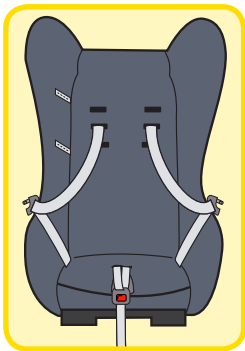


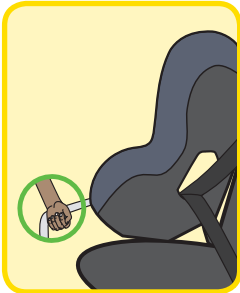
Step by Step

FORWARD-FACING CAR SEATS

STEP 1 *Harness to the sides*



STEP 3 *Tighten harness*



STEP 2 *Buckle child in*



STEP 4 *Check harness is tight*



Only two fingers
under

No Pinch



Readjust underneath then
tighten (where possible)

Step by Step

FORWARD-FACING CAR SEATS

STEP 1 *Harness to the sides*

- Have the straps loose and hang them over the sides of the carseat

This makes it easier to get the child into the carseat and makes it less likely that the harness will get twisted

STEP 3 *Tighten harness*

- Pull on the adjuster strap at the front of the seat
- Sometimes this can take more than one go

STEP 2 *Buckle child in*

- Place the child into the restraint in their normal clothing (not swaddled or in bulky clothing)
- Buckle up one side at a time
- Make sure there are no twists in the harness

A twisted harness is dangerous and will make it harder to get the harness tight enough

STEP 4 *Check harness is tight*

A Two fingers - you should only be able to fit two flat fingers at the most between the harness and the child

B Pinch test - you should **not** be able to pinch the harness together at the child's collarbone

C Retighten - in some forward-facing car seats you can pull the harness from underneath the car seat at the front to make it tighter and then remove the slack with the adjuster strap at the front of the restraint

Make sure to loosen the harness every time you take the child out of the carseat