



Seat Belt Rules

More Practice With Stop and Think

3 Cs

- ☞ I care about myself.
- I care about others.
- I care about community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.

Teacher Notes

Preparation

Teacher Resources

Utah's Booster Seat Law (see page 93 and page 94)

Copies

Home Connection

Materials

Terrific lesson ideas may be found at
http://www.utahsafetycouncil.org/safety_resources/buckle_up_for_love.asp
<http://intermountainhealthcare.org/hospitals/primarychildrens/childhealth/parenting/Pages/home.aspx>

Music

"Buckle Up" from CD *Take a Stand* (see page 127)

Vocabulary

personal safety
 air bag
 booster seat
 seat belt

Lesson at a Glance

Note to teacher

It is suggested that a local police officer be invited to help teach this lesson.

Introduction

1. Personal Safety Definition

Strategy

2. Do's and Don'ts of seat belt use
3. Sing "Buckle Up."

Conclusion

4. Role Play

Home Connection

5. Booster Seat Law

Core Curriculum Objectives and Standards

Objectives

Students will explain the purpose and procedure of wearing a seat belt.

Standards

- 7000-0502 Demonstrate personal safety.
- 7000-0503 Explain ways to identify, avoid, manage or escape emergency or risk situations.

Introduction

Explain

1. Personal Safety Definition

Personal safety means taking care of ourselves and making the right choices so we can remain safe.

Strategy

Discuss

2. Do's and Don'ts of seat belt use

Children are safer in an automobile when they wear seat belts.

Children should ride in a car in the back seat. Children under the age of eight (8) should be buckled into booster seats.

Discuss child safety seats, air bags and the Utah Booster Seat Law (see teacher resource page 93).

Conclusion

Role Play

3. Role Play

- Arrange four chairs to represent the front and back seats of a vehicle.
- Have the children practice sitting in the rear seat and buckling themselves into a booster seat.
- Have children STOP and THINK before the car moves.
- Explain that when you make smart choices over and over again they become smart habits.
- When you have a smart habit, you do what is right automatically.

Sing

4. Teach and Sing "Buckle Up"

Use actions, games, role plays, humming and other effective teaching methods to teach the song, "Buckle Up."

Tie in the 3 Cs

I Care about myself.
I Care about others.
I Care about community.

I have the right to care about myself.

I have the responsibility to make smart choices when I care about myself.

Home Connection

Prepare

4. Booster 'Til 8 Parent Brochure

Make a copy of the Home Connection for each student. Send the Home Connection paper home with each student and instruct students share the information with their families.





Home Connection

Dear Family,
Today, I learned about car safety and seat belt safety. Please review this flyer with me and help us be safe in the car.
Thanks.



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WHEN SHOULD A BOOSTER SEAT NOT BE USED?

If your vehicle does not have shoulder belts in the back seat, a booster seat cannot be used. Booster seats must never be used with a lap belt only. If there are no seating positions with both lap and shoulder belts available for using a booster seat, a child who has outgrown their regular child restraint may be secured with a properly fitted lap belt. Children should ride in a traditional child restraint until they outgrow the internal harness system, which generally occurs at 40 pounds or more, depending on the seat. There are many seats on the market with internal harnesses that can accommodate children weighing more than 40 pounds. These seats are recommended to parents with vehicles that only have lap belts.

WHEN IS MY CHILD READY FOR A SEAT BELT?

Your child graduates to a seat belt when they are at least 8 years of age or over 57 inches tall. Before moving your child to an adult safety belt, take the Safety Belt Fit Test.

- Is your child able to sit upright with knees bent at the edge of the seat?
- Does the shoulder belt fit over the middle of the shoulder and the center of the chest?
- Does the lap belt rest on the hips or upper thighs?
- Can your child maintain the correct seating position for as long as you are in the car?

SAFETY TIP

- Keep your child in their booster seat until they outgrow the weight and height limits, even if they 8 years old or older.
- Properly secure children age 12 and younger in the back seat, if possible.

WHERE CAN I GET MORE INFORMATION?

- Contact your local health department for more information and for help with car seat and booster installations.
- Call the Utah Highway Safety Office at 801-957-8570 or visit www.highwaysafety.utah.gov.
- Call Primary Children's Medical Center's Child Safety Hotline at 801-662-CARS (2277).
- Visit <http://www.nhtsa.dot.gov/cps/cpsfitting> to find the nearest Child Safety Seat Inspection Station that offers parent education on proper car seat use.

**Utah Department of Public Safety
Highway Safety Office**

3888 West 5400 South • Salt Lake City, Utah 84118
ph. (801) 957-8570 • Fax (801) 957-8588
www.highwaysafety.utah.gov

**BOOST 'TIL 8****A PARENT'S GUIDE
To Buying and Using Booster Seats**

More children ages 6 to 14 die from traffic crashes than from anything else. But even more startling is the fact that over half of the 4- to 7-year-olds who die in crashes are buckled in seat belts. The truth is that these younger children are not safe in seat belts alone. They are not adequately protected by seat belts alone.



State of Utah

Department Of Public Safety

WHAT IS UTAH'S LAW?

In Utah, children up to age 8 (through age 7) must be in an appropriate child safety seat or booster seat when traveling in a passenger vehicle. There is an exception to the law that states that children younger than eight are not required to be in a booster seat if they are at least 57 inches tall. At that point, they should use the vehicle's lap and shoulder belt without a booster. This is a primary enforcement law for occupants under the age of 19 with a fine of \$45. For more information and details about this law, go to www.highwaysafety.utah.gov or www.utahsafekids.org.

WHAT YOU NEED TO KNOW

Seat belts are not designed for children. Beginning at around age 4, many children are too large for conventional child restraints but too small for adult seat belts. A booster seat raises your child up so that the seat belt fits right – and can better protect your child. The shoulder belt should cross the child's chest and rest snugly on the shoulder, and the lap belt should rest low and snug across the hips.

SAFETY TIP

- Booster seats should never be used with only lap belts.
- The shoulder belt should never be placed behind a child's back or under the arm.
- The lap belt should never be placed across a child's stomach. If this is done, your child could be seriously injured or killed in a crash.

WHAT ARE BOOSTER SEATS?

Booster seats are a type of child safety seat designed for children who are about age 4 to at least age 8 and who weigh approximately 40 to 100 pounds. They are designed to lift the child so that the shoulder and lap belts fit properly – over the strongest parts of the body. They also enable your child to sit more comfortably, with knees bent and without slouching.

WHICH TYPE OF BOOSTER SEAT IS RIGHT FOR MY CHILD?

Carefully study the different booster seats available to find the one best suited for your child and your vehicle. Also, be sure to read your vehicle owner's manual for information on installing child restraints and boosters in your vehicle. Always follow the age, weight, height, and other guidelines provided by the car seat manufacturer. The following are descriptions of the main types of booster seats, all of which "boost" your child up so the vehicle's seat belt fits better.

1. High-Back Booster

The high-back booster is a belt positioning seat used only with vehicle lap and shoulder belts and is designed for children between 30 to 100 pounds.

The high-back booster helps prevent whiplash in children who ride in vehicles without back-seat head restraints (minivans, wagons, and some sport-utility vehicles).

**2. Combination Seat**

(High-Back Booster with Removable Harness)

This seat converts from a forward-facing toddler seat to a booster seat and comes equipped with a removable harness. With the harness in place, this type of seat can be used for children who are at least 1 year of age and at least 20 pounds up to about age 4 and 40 or more, depending on



the seat. When the child outgrows the toddler seat, the harness can be removed and the seat can be used as a booster seat for children up to 80 or 100 pounds.

3. Base Booster

The base booster is a belt-positioning seat used only with vehicle lap and shoulder belts. This booster seat has a safe platform but no high back, meaning that the vehicle seat must have a head restraint to provide support to help prevent whiplash. Some base boosters are built into vehicle seats.

**SAFETY TIP**

- Booster seats are inexpensive and easy to use.
- They are sold at toy stores, department stores, and other retail outlets.





Conexión en el Hogar

Querida familia,

Hoy, aprendí acerca de la seguridad en los carros y acerca del cinturón de seguridad. Por favor revisa conmigo éste volante y ayúdanos a estar seguros en el carro.

Gracias.



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This page is copied from the Utah Department of Public Safety website. Please review it with your child and keep everyone safe.



BOOST 'TIL 8

La ley de Utah que protege a los niños



La sesión legislativa del Estado de Utah del 2008, aprobó una ley que introdujo cambios positivos a ley de asientos y cinturones de seguridad para niños. De ahora en adelante los niños menores de 8 años deben usar el cinturón de seguridad o asientos elevados. Para ayudarle a familiarizarse con los cambios en esta ley, le presentamos información para tener en cuenta sobre asientos elevados para bebés y niños.

Acera de la nueva ley

La revisión de la ley de seguridad infantil en Utah dice:

El conductor del vehículo debe asegurar la protección de los niños menores de 8 años y usar un asiento de seguridad según las instrucciones recomendadas por los fabricantes.

La ley presenta una excepción: para los niños menores de 8 años y que midan por lo menos 1.44 metros o 57 pulgadas. Ya que no necesitan usar asientos elevados.

La multa por no obedecer esta ley es de \$45.00 y empezará a hacerse cumplir el 5 de mayo de 2008.

El incumplimiento de esta ley se considera un delito de primer grado. Un conductor que lleve una persona menor de 19 años sin estar debidamente asegurada en un asiento de seguridad o con el cinturón de seguridad, puede ser detenido por la policía y obligado a pagar una multa. Esta ley no significa que usar el cinturón de seguridad para los niños es lo único necesario: los niños de hasta 7 años deben estar debidamente asegurados en asientos de seguridad o asientos elevados, según corresponda.

Seguridad de asientos elevados

El Estado de Utah se adhirió a otros cuarenta estados (incluyendo el distrito de Columbia) que requieren el uso de asientos elevados.

Los choques automovilísticos son la principal causa de muerte en niños de 4 a 14 años de edad.

Usar un cinturón de seguridad para adultos en un infante, pone en riesgo la vida de ese niño. El uso de asientos elevados para niños disminuye un 59% el riesgo de lesiones en un choque automovilístico.

Entre 2002 y 2004, 36 niños en Utah con edades entre 5 y 8 años fallecieron en choques automovilísticos. Entre el año 2003 y 2005 aproximadamente 2,200 niños residentes de Utah entre de 5 y 8 años de edad resultaron gravemente heridos en choques.

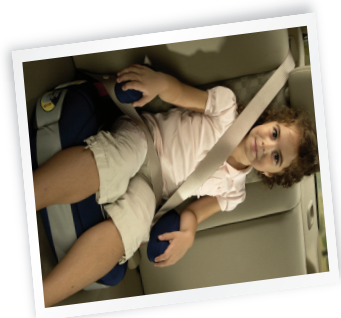
Los asientos elevados tienen un precio económico entre \$9 y \$40.

Los asientos elevados protegen a los niños porque:

- Ubican al niño en la posición adecuada para que el cinturón de seguridad se ajuste cómodamente a sus hombros, y a la parte central del pecho, considerada como la más resistente del cuerpo de un niño.
- El cinturón sujeta la parte superior de la cadera y los muslos, sin incluir el estómago.
- Permiten sujetar al niño en el asiento correctamente, previniendo que se deslice bajo el cinturón de seguridad.

¿Qué puede suceder en un choque si solo se usa el cinturón de seguridad normal?

- La parte del cinturón que va sobre la cadera se mueve a la parte del estómago y puede causar lesiones en las caderas, el estómago y la espina dorsal.
- El niño puede deslizarse bajo el cinturón de seguridad y sufrir lesiones graves o la muerte.
- Si el niño esta usando la parte superior del cinturón de seguridad en la espalda o por debajo de los brazos, puede resultar con lesiones en la cabeza, el cuello, el pecho, los hombros, los brazos y la espina dorsal.



Recursos de Asistencia

El Estado de Utah provee ayuda en los centros de inspecciones de seguridad de asientos para niños y bebés en las diferentes comunidades. La mayoría de estos centros ofrecen asientos de seguridad a un costo reducido. Para localizar el centro de ayuda más cercano, visite la página de Internet: www.nhtsa.dot.gov/cps/cpsfitting/

Otras páginas de Internet que ofrecen información al respecto:

www.utahsafekids.org www.highwaysafety.utah.gov
www.nhtsa.gov www.chop.edu/carseat
www.primarchildrens.org





Utah's Booster Seat Law

Commonly Asked Questions

www.utahsafetycouncil.org/assets/pdf/utboosterlaw.pdf

Developed for Officers, Educators and Advocates

Q. What are the basic requirements of this law?

- A. Children under age 8 must be properly restrained in a child restraint or booster seat. There is an exception to the law that states that children younger than 8 are not required to be in a booster seat if they are at least 57 inches tall. At that point, they should use the lap and shoulder belt without a booster. This is a primary enforcement law for occupants under the age of 19. The penalty for breaking this law is \$45 and is enforceable beginning May 5, 2008.

Q. Who is responsible for the children in the car?

- A. The driver is legally responsible for obeying the law assuring all passengers are restrained and would get the ticket even if the child's parent is also in the car.

Q. Why do children need to ride in a belt-positioning booster (BPB) seat?

- A. After children exceed the limitations of their regular child restraint (usually around age 4), they are still too small for an adult seat belt and are not adequately protected by a seat belt alone. The booster seat positions them for the lap and shoulder belt to work correctly.

Q. What is a booster seat?

- A. A belt-positioning booster (BPB) seat is an inexpensive type of child restraint that adds artificial height to the child so the adult-sized lap and shoulder belt rests on the strongest parts of the child's body across the hips and chest.

Q. Are there different types of booster seats?

- A. There are two major types of BPB seats available. Base or backless booster seats do not have a high back and are used in vehicles where the seats offer head support. High-back booster seats have built-in head support and are used in vehicles that have low seat backs, as seen in some minivans, trucks, SUVs and station wagons. In addition, some booster models are multi-functional and have removable harness systems for younger children or a high back that can be removed.

Q. When can a child be put in a booster seat?

- A. It is legal to switch to a booster seat at any weight as long as the child is within the booster's weight and height range. But, it is not generally recommended to use booster seats until after the child outgrows the harness system found on conventional child restraints, which usually occurs at 40 pounds.

Q. What if a vehicle has lap-only seat belts in the rear seating positions?

- A. Booster seats **MUST** be used with a shoulder and lap belt, never with a lap belt only. If there are no seating positions with both lap AND shoulder belts available for using a booster seat, a child who has outgrown their regular child restraint may be restrained by a properly fitted lap belt. Children should remain secured in a traditional child restraint until they outgrow the internal harness system, which generally occurs at 40 pounds.

Q. What should officers do if they stop a vehicle that has only lap belts in the back seat?

- A. If an officer stops a vehicle with lap-only belts in the back seat and identifies older children (age 4-8) not restrained in a booster seat, he or she should not issue a citation to the driver. The officer should recommend that the child wear the lap belt low and tight across the hips. There are no booster seats available for use in vehicles that have only lap belts.

Child restraints with internal harness systems can be used in vehicles with only lap belts. Children should remain secured in these seats until they outgrow the harness, which usually occurs at 40 pounds or age 4.

Q. Are there any exemptions to this law?

- A. Yes, there are a few exemptions to this law:
- Children younger than age 8 who are at least 57 inches tall should ride in a properly adjusted seat belt and are exempt from the booster seat law. Children that weigh more than 40 pounds and are passengers in vehicles with rear seating positions that do not have lap and shoulder belts, should wear the lap belt low and snug on the hips.
 - Vehicles that are not required to have seat belts, such as buses and pre-1967 cars, are exempt.
 - If all seating positions are occupied by other passengers, unrestrained occupants are exempt from the law.
 - A motor vehicle in which the driver or passengers have a written verification from a licensed physician that the person is unable to wear a seat restraint for physical or medical reasons.

Q. If a child weighs more than 100 pounds and is younger than age 8, does he/she need ride in a booster seat?

- A. Yes, there are a few booster seats and special restraints available with upper weight limits above 100 pounds. These seats are not available at regular retail shops. Parents are advised to call Primary Children's Medical Center at 801-662-CARS (2277) for information about obtaining a special restraint. In addition, a useful handout, *Booster Seats and Products for Children Over 40 Pounds*, is available on the website, www.carseat.org.



Utah's Booster Seat Law Commonly Asked Questions

www.utahsafetycouncil.org/assets/pdf/utboosterlaw.pdf

Developed for Officers, Educators and Advocates

Q. Can people use the older shield-type booster?

A. No, parents must not use the style of booster with a padded bar or shield in front of the child because they do not meet Federal standards. These boosters are no longer available and should be discarded.

Q. When can a child ride in a seat belt?

A. According to the law, a child should be at least 8 years of age before riding in a regular seat belt. However, children younger than age 8 and at least

Q. What should a person do if they carpool?

A. Remember, the driver is legally responsible for obeying the law. Most importantly, the driver is responsible for making sure everyone in the vehicle arrives at their destination safely. The law was designed to protect Utah's children. Drivers must ensure that all passengers ages 7 and younger are properly restrained in a safety seat or booster, and children ages 8 and older are buckled up in a seat belt. Also, children should not share one belt system.

Q. Are organizations such as schools, churches, and child care centers covered under this law?

A. Yes, they must comply with this law. Any organization that transports children in vehicles required by Federal safety standards to have seat belts must comply with this law. Agencies involved in the transportation of young children might suggest that kids bring their own booster seats.

Q. Are children younger than age 8 required to ride in a booster seat if they are transported in large passenger vans or small school buses?

A. Yes. As required by Federal safety standards, all passenger vans and small buses (weighing less than 10,000 pounds GVWR) are equipped with seat belts and are not exempt from the law. Children younger than age 8 must be secured in a booster with a properly adjusted lap and shoulder belt. However, in seating positions with only lap belts children should secure the lap belt low and snug on their hips. Boosters must be used with both lap and shoulder belts, never with lap belts alone. For more information regarding pupil transportation, please contact the Utah State Office of Education's Pupil Transportation Division at (801) 538-7500.

Q. Do children have to ride in the back seat?

A. No, this is not a requirement of the law. However, it is recommended by vehicle manufacturers and safety advocates that children age 12 and younger are properly buckled in the rear seat.

Q. How much does a belt-positioning booster cost and where can I get one?

A. BPB seats are fairly inexpensive and vary in price from \$9 to \$40. They can be purchased in any store that carries traditional child safety seats. Also, there are several programs around the state that offer low-cost seats to low-income families. Check with your local health department for more information.

Q. I have no idea how to use a booster seat. Is there someplace I can get help?

A. Utah has Car Seat Inspection Stations, where certified technicians can teach parents how to use their booster and other child restraints appropriately. To locate a fitting station: Check with your local health department or Safe Kids Chapter (www.utahsafekids.org).

Call 801-662-CARS, a service provided by Primary Children's Medical Center.

Visit the National Highway Traffic Safety Administration's website at www.nhtsa.gov.

For more information contact the
Utah Department of Public Safety
Highway Safety Office
801-957-8570