

# Car Seat Safety

Throughout the United States, there are laws that require car seat use for children. In Ohio, parents or guardians by law must use a car seat for all children under 40 pounds and under 4 years of age. Make sure you know the car seat law of any state you may travel to. Many states require that children stay in appropriate car seats through 8 years or up to 4 feet, 9 inches tall. Car seat belts are made for adults and cannot protect a small child.

Car crashes are the main cause of serious injury and death in children. Correctly using a car seat can save a child's life or prevent a more serious injury.

## Car Seat Safety Guidelines

### Where do I place the car seat?

- 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 seatbelt and must ride in the front seat, secure the child correctly in the lap and shoulder seatbelt and **move** the front seat as far back as you can from the dashboard.

# Ammaanka Kursiga Baabuurka

Ameerika oo dhan, waxaa ka jira sharciyo u baahan kursi baabuur oo loo isticmaalo carruurta. Ohio gudeheeda, waalidiinta ama mas'uuliyiintu sharci ahaan waa in ay kursi baabuur u isticmaalaan dhammaan carruurta ka yar 40 rodol (pounds) (18 kg) da'dooduna ka yar tahay 4 sanadood. Xaqiiji in aad taqaanno sharciga kursiga baabuurka ee gobol kasta ee laga yaabo in aad u safarto. Gobollo badan ayaa u baahan in carruurta ay ku jiraan kursiyo habboon ee baabuur ilaa 8 sanadood ama ilaa uu dhererkoodu ka gaarayo 4 fiit, 9 inji (145 cm). Suumanka kursiga baabuurka waxaa loogu talagalay dadka waaweyn mana ilaalin karaan ilmo yar.

Burburka baabuurta waa sababta ugu weyn ee dhaawaca daran iyo dhimashada carruurta. Si sax ah u isticmaalidda kursi baabuur waxay badbaadin kartaa nolosha ilmaha ama waxay ka hortagi kartaa dhaawac aad u daran.

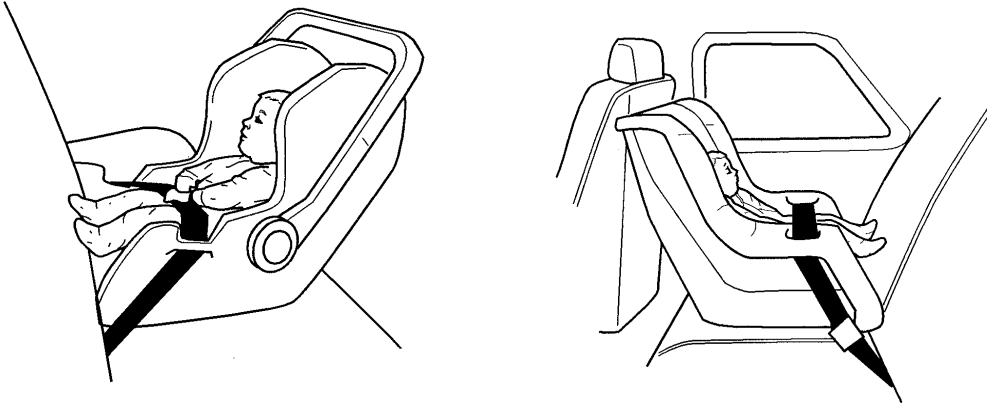
## Xeerarka Ammaanka Kursiga Baabuurta

### Xaggeen ku xidhaa kursiga baabuurka?

- Kursiga danbe ayaa ah meesha ugu ammaansan carruurta ka yar 12 sanadood in ay fuulaan.
- Marna ilmo ha fadhiisin kursiga hore ee baabuurka yar ama taraagga leh kiish hawo rakaab.
- Haddii uu ilmo weyn yahay oo isticmaali karo suunka kursiga dadka waaweyn ayna tahay in uu kursiga hore fadhiisto, ilmaha si sax ah ugu sug suunka dhabta iyo garabka ka dibna kursiga gadaal uga **dhaqaaji** muraayadda hore intaad awooddo.

## Is my child facing the right way?

- Babies until 1 year old and 20 pounds must ride rear facing in an infant car seat.



- Children over 1 year old and between 20 and 40 pounds can ride in a child car seat **facing forward**.

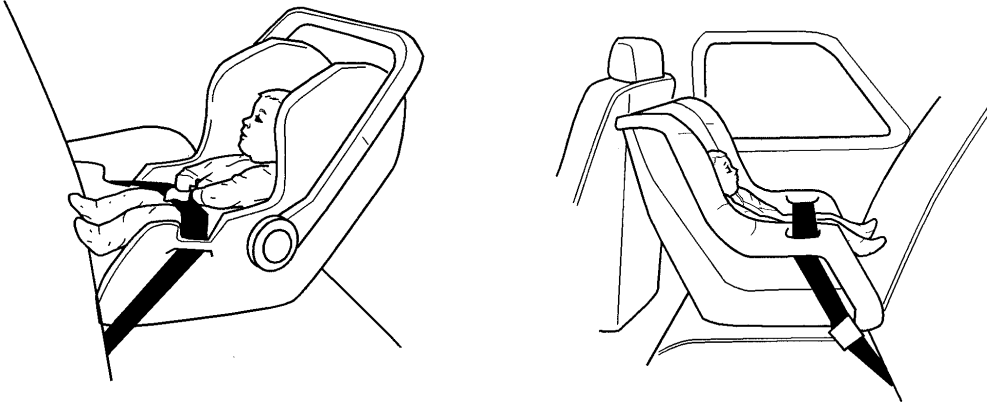


- Children between 40 and 80 pounds, often 4 to 8 years old, can ride in **booster seats**, which make the lap and shoulder belts fit correctly.



## Ilmahaygu meesha saxda ah ma u jeedaa?

- Imaha dhashay ilaa ay ka gaaraan 1 sano jir iyo 20 rodol (pounds) (9 Kg) waa in la saaraa kursi ilmood baabuur oo gadaal u sii jeeda.



- Carruurta ka weyn 1 sano jir una dhexeeya 20 iyo 40 rodol (pounds) (9 Kg iyo 18 Kg) waxaa la saari karaa kursi baabuur ilmood oo **dhinaca hore u soo jeeda**.



- Carruurta u dhexeeya 40 iyo 80 rodol (pounds) (18 Kg iyo 36 Kg), badanaa 4 ilaa 8 sanadood jiryadu, waxay fuuli karaan **kursiga caawinta**, kaasoo suumanka dhabta iyo garabka ka yeela mid u qabsada si sax ah.



- Most children over 8 years old or 4 feet, 9 inches tall can fit correctly in a **lap and shoulder** seat belt.

### **Car Seat Safety Tips**

- Not all car seats fit in all vehicles. When installed correctly, 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.
- Keep harness straps snug and fasten the harness clip at armpit level. Harness straps should be at or below the shoulder level.
- When using a **rear facing** infant seat, recline the car seat to keep the baby's head from dropping forward. Put the infant car seat carrying handle down.
- Rolled towels or rolled receiving blankets can be placed along the sides of the child for extra support. **Never** place padding under or behind the baby.
- The child should not have a heavy coat on under the straps of the harness. If extra warmth is needed, use a blanket over the seat.

- Carruurta badankooda ay da'doodu ka weyn 8 sanadood ama dhererkoodu yahay 4 fiit, 9 inji (145 cm) waxaa si sax ah u le'ekaan kara suunka kursiga ee **dhabta iyo garabka**.

### **Fikradaha ku saabsan Ammaanka Kursiga Baabuurka**

- Ma ahan in kuraasta baabuurta oo dhan ay le'egyihiin baabuurta oo dhan. Marka si sax ah loo rakibo, kursiga baabuurku waa in uusan wax ka badan hal inji dhinac ilaa dhinaca kale u dhaqaaqin.
- Imow hubinta ammaanka kursiga baabuurka ee ka dhacaysa bulshadaada. Kuwaan waxaa laga yaabaa in ay ku deeqdo waaxda caafimaadka deegaankaagu.
- Xarkaha dhuujinta si ammaan ah u xir isla markaana isha suunku galo ku adkee meel la siman xagasha. Xarkaha dhuujintu waa in ay ku joogaan meel la siman ama ka hooseysa garabka.
- Marka aad isticmaaleyso kursiga ilmaha dhashay ee **dhinaca danbe u jeeda**, kursiga gadaal u tiiri si aad madaxa ilmaha uga ilaaliso in uu horey u soo dhaco. Gacanta haysa kursiga baabuurka ilmaha hoos u dhig.
- Tuwaal la duubay ama buste la duubay ayaa laga gelin karaa dhinacyada ilmaha si ay taageero dheeraad ah u siiso. **Marna** wax ha u dhigin kursiga hoostiisa ama gadaashiisa.
- Ilmaha waa in uusan qabin jaakad culus oo uga hooseysa xarkaha dhuujinta. Haddii diirrimaad dheeraad ah loo baahdo, isticmaal buste kursiga aad kula daboosho.

4/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).