

Car seat safety: Are Australian children safe?



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Car seat safety ruler

The latest Royal Children's Hospital (RCH) National Child Health Poll found many parents are unaware of when it is safest to transition a child out of a booster seat and into an adult seatbelt only. Children who are under 145cm tall and sitting in a car seat with an adult seatbelt only are at a significantly increased risk of serious injury in the event of a crash.

- To be safest in a crash, your child needs to be in a booster seat until they are at least 145 cm tall. On average, Australian children will not reach a height of 145 cm until around 11 years of age.
- Place the height measure your child has made on a wall in your home and measure your child to ensure they are at least 145 cm tall before transitioning out of a booster seat.

The RCH National Child Health Poll is a quarterly, national survey of Australian households shedding new light on the big issues in contemporary child and adolescent health – as told by Australian parents.



Ruler printing instructions

1. When printing, make sure you do not reduce the size of the print, but print at actual size.
2. Let your child/children colour in and make as bright as possible.
3. Trim out carefully and stick the ends together.
4. Attach to the wall making sure that the ruler starts at the ground.



The Royal Children's Hospital Melbourne

RCH NATIONAL Child Health POLL

CAR SEAT SAFETY HEIGHT MEASURE



