

These are against  
the law



1 Children not  
travelling in  
a restraint  
correctly

2 Children  
standing  
in the car



3 Two children  
using one  
seatbelt

4 Adults holding  
babies or  
children



## Choosing a child restraint

Choose a restraint that meets the  
Australian Standard.

You can buy or rent restraints.

**Be careful** when you buy or borrow a  
second-hand child restraint. Make sure:

- it is not more than 10 years old
- it has not been in a car crash
- the straps are strong and not worn
- the buckles are not bent
- the attachment points are not cracked  
or discoloured

You cannot use restraints from overseas.

Some restraints have height markers  
to indicate if the restraint is suitable for  
the child.

**For more information about buying  
a child restraint ring 13 22 13 or  
visit [www.crep.com.au](http://www.crep.com.au)**

**You can also visit the Seat Me Safely  
interactive web program on child  
restraints at [www.kidsafensw.org](http://www.kidsafensw.org)**

child safety is no accident

## Installing a child restraint

Follow the manufacturer's instructions  
when installing a restraint in your car.

**You can get help installing a child  
restraint from an approved fitter.  
The fitter will charge a fee for this  
service. To find your nearest fitter, ring  
13 22 13 or visit the road safety page  
on the Kidsafe website.**

Contact your local council to find out  
about free child restraint fitting days in  
your area.

**Supported by Transport for NSW**

Contact us for more information:



**Kidsafe New South Wales Inc**  
Kidsafe House, Hainsworth Street  
Westmead NSW 2145

Phone 02 9845 0890 Fax 02 9845 0895  
Email [kidsafe@chw.edu.au](mailto:kidsafe@chw.edu.au)  
Website [kidsafensw.org](http://kidsafensw.org)

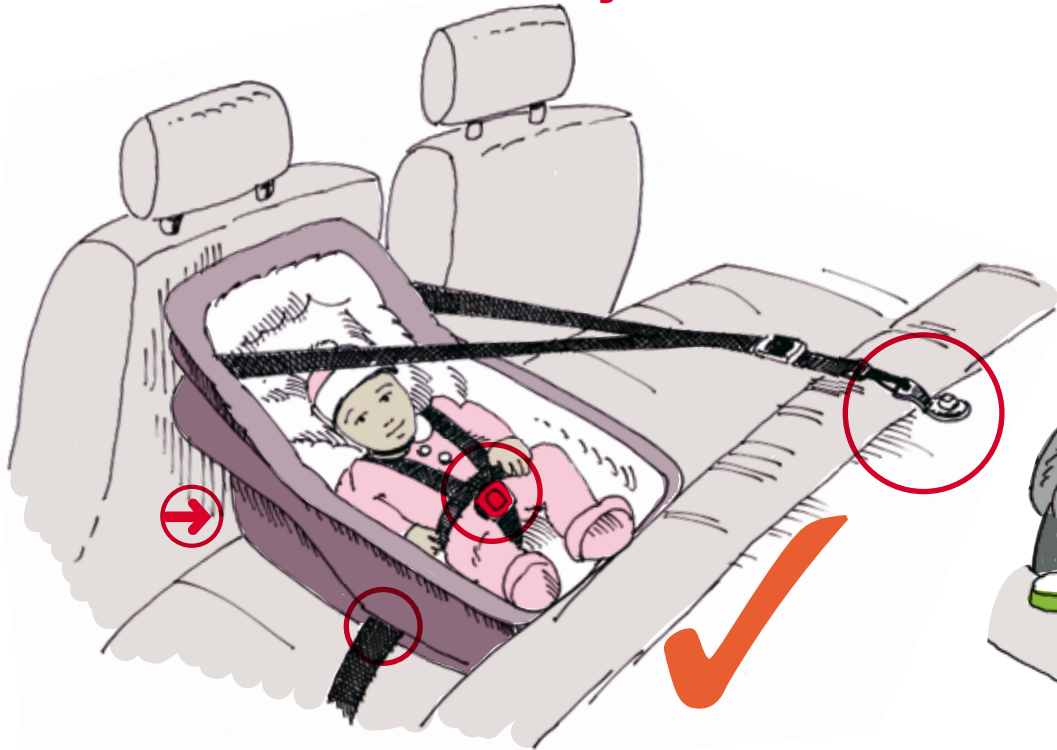


# Child safety in the car



# It is the law in NSW that you must use child restraints for children under 7 who ride in your car.

If you break the law you may be fined and lose points from your licence.



## ● Under 6 months

Babies must travel in a restraint that:

- faces the rear of the car
- is held in place by the seatbelt and a strap at the top which ties it to the car
- has a six-point harness system

**The harness must hold the baby firmly.**

**Make sure you use a restraint to bring your baby home from hospital.**



## ● Between 6 months and 4 years

At this age children can remain in a rearward facing restraint. When they are too big for that restraint, they can move to a restraint that:

- faces forward
- is held in place by the seatbelt and a strap at the top which ties it to the car
- has a six-point harness system

**The harness should hold the child firmly.**



## ● Between 4 years and 7 years

At this age children must ride in a forward facing restraint or a booster seat. Booster seats should:

- be used with lap-sash seatbelts
- have high backs and sides

**The seatbelt sash strap must:**

- stay in front of the child
- not be too loose

**The lap part of the seatbelt should sit across the upper thighs.**

**Children must be in a child restraint suitable for their size.**



## ● Children over 7 years

Older children generally fit into an adult seatbelt when they are around 140 to 145cms tall. Continue using the booster seat until the child fits the adult seatbelt.

**The seat belt should:**

- not touch the child's neck
- always stay in front of the child and not go behind the child's back
- sit across the upper thighs.

**All children should be seated in the back seat. Children over 4 years may be placed in the front seat only if all the back seats are occupied by children under 7 years old.**