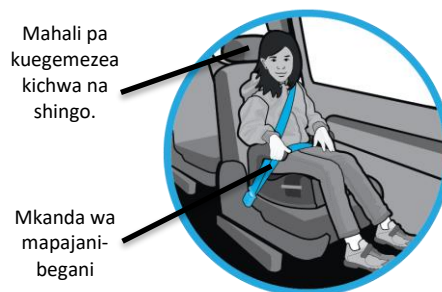
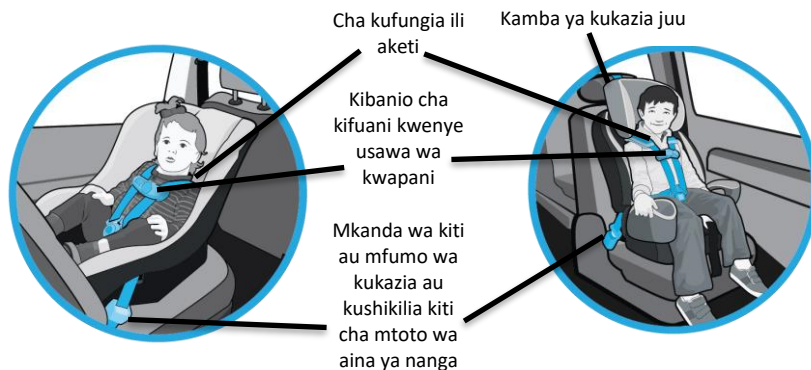


Mtoto wako yupo katika kiti sahihi?



Kiti kinachoangalia nyuma

- Kiti kinachoangalia nyuma kinatoa usalama zaidi kwa kichwa cha mtoto, shingo na uti wa mgongo endapo gari litasimama ghafla au kupata ajali.
- Mtoto wako anapokipita kiti cha watoto wachanga, tumia kiti kikubwa zaidi kinachoangalia nyuma.
- Mtoto wako yupo salama zaidi kwenye kiti cha kuangalia nyuma anapokuwa garini mpaka atakapofikisha umri wa miaka 2,3 au hata 4.
- Endelea kumuweke mtoto wako katika kiti cha watoto kinachoangalia nyuma ikiwa bado anaenea kwenye kiti kikubwa kinachoangalia nyuma.

Kiti kinachoangalia mbele

- Kiti cha mtoto kinachoangalia mbele humlinda mtoto ambaye amekua na kutoenea katika kiti kikubwa kinachoangalia nyuma.
- Muweke mtoto wako ndani ya mikanda yenye vibanio sehemu 5 mpaka atakapofikisha uzito wa kilogramu 18 (Paundi 40) na anaweza kuketi sawasawa. Hii inaweza kuwa anapofikisha umri wa miaka 4,5 au hata 6.
- Endapo mtoto wako atakua na kutoenea tena katika kiti hiki kabla hajawa tayari, utahitaji kiti chenye mikanda yenye vibanio sehemu 5 ambacho kinaweza kumtoshia mtoto mrefu na mzito zaidi.

Kiti cha nyongeza

- Kiti cha nyongeza humnyanyua mtoto juu ili mkanda wa gari utumiwao na watu wazima umtoshe katika sehemu ya mwili wake yenye mifupa yenye nguvu zaidi.
- Mtoto wako lazima awe na uzito angalau kilogramu 18 (paundi 40) ili aweze kutumia kiti cha nyongeza.
- Mtoto wako lazima awe na uwezo wa kuketi vizuri akiwa amenyooka bila kujizungusha zungusha au kujifungua mkanda.
- Tumia kiti cha nyongeza mpaka pale mtoto wako atakapofikisha angalau urefu wa sentimita 145 (futi 4 na inchi 9) na anaweza kutumia mkanda kwa usahihi.

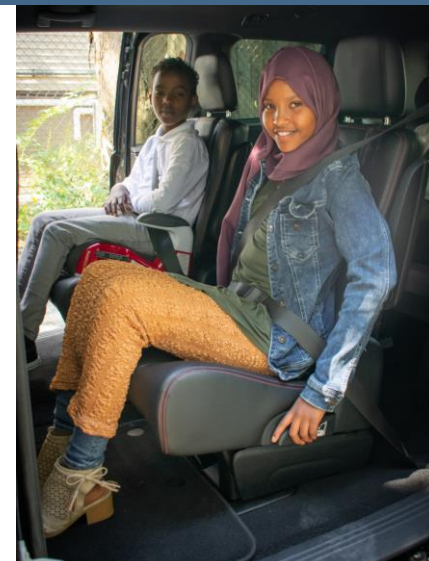
Mara zote fuata maelekezo juu ya kiti chako

Mtoto wako anaweza kutumia mkanda wa abiria kwa usalama?

- Je, mtoto wako ana urefu wa angalau sentimita 145 (futi 4 na inchi 9)?
- Je, magoti ya mtoto wako yanafika kwa urahisi kwenye pembe ya kiti akiwa ameketi nyuma kabisa ya kiti?
- Je, mkanda wa abiria wa juu ya mapaja unabakia chini na kupita juu ya mifupa ya nyonga?
- Je, mkanda wa abiria wa begani unapita kifuani na unakaa kati ya shingo na bega la mwanao?
- Je, mtoto wako anaweza kuketi namna hii katika safari nzima bila kuinama?

Mpaka mtoto wako atakapoweza kufikisha au kutimiza hatua zote 5, endelea kutumia kiti cha nyongeza kila anaposafiri kwenye gari.

Watoto walio na umri wa chini ya miaka 13 wapo salama zaidi katika viti vya nyuma vya gari.

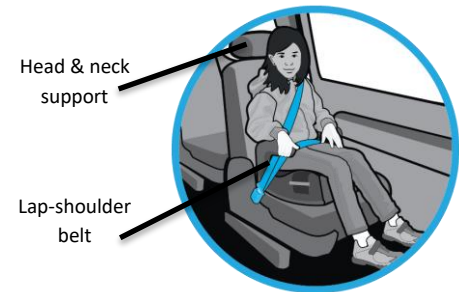
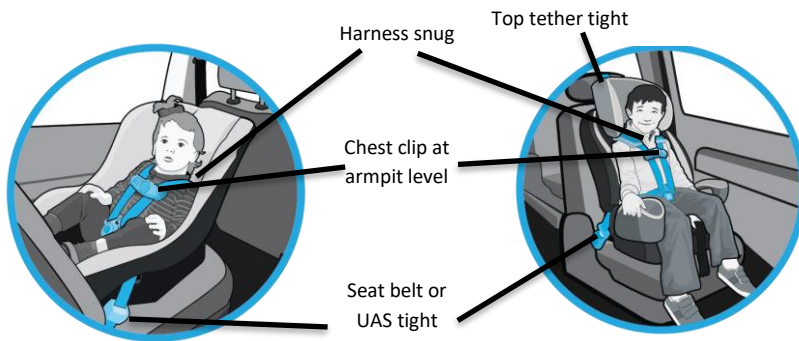


**Una maswali?
Tupigie Kupitia 1-866-288-1388**

Childsafetylink.ca

ni programu ya kituo cha Afya cha IWK

Is your child in the right seat?



Rear-facing seat

- A rear-facing seat provides the best protection for your child’s head, neck and spine in a sudden stop or crash.
- When your baby outgrows the infant seat, use a larger rear-facing seat.
- Your child is safest riding rear-facing until 2, 3 or even 4 years old.
- Keep your child rear facing for as long as he or she still fits the larger, rear-facing seat.

Forward-facing seat

- A forward-facing seat protects a child who has outgrown his or her larger rear-facing seat.
- Keep your child in a 5-point harness until he or she weighs at least 18 kg (40 pounds) and is able to sit correctly. This may be at 4, 5 or even 6 years old.
- If your child outgrows this seat before he or she is ready, you will need a 5-point harness seat that will hold a taller, heavier child.

Booster seat

- A booster seat lifts the child up so that the adult seat belt fits across the strongest bones.
- Your child must weigh at least 18 kg (40 pounds) to use a booster seat.
- Your child must be able to sit straight and tall without moving around or unbuckling.
- Use a booster seat until your child is at least 145 cm (4 feet 9 inches) tall and fits the seat belt correctly.

Always follow the instructions for your seat.

Can your child safely use a seat belt?

- Is your child at least 145 cm (4 feet 9 inches) tall?
- Do your child’s knees bend comfortably at the edge of the seat when he or she is sitting all the way back?
- Does the lap belt stay low and snug across the hip bones?
- Does the shoulder belt cross the chest and stay between your child’s neck and shoulder?
- Can your child sit like this for the whole trip without slouching?

Until your child can meet all 5 steps, keep using a booster seat on every ride.

Children under the age of 13 are safest in the back seat.



Have questions?
Call us at 1-866-288-1388

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