# Buckle Up to Grow Up!

4 Steps for Kids

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| **STEP 1** Rear-facing | Infant-only seat  
Birth to at least 1 year and at least 20 lbs.*  
Babies usually outgrow these before age one. Move them to a rear-facing convertible seat (see below).  
Seats should be secured in the back seat of the vehicle by a safety belt or by the LATCH system. | • Never use in a front seat where an air bag is present.  
• Tightly install child seat in back seat, facing the rear.  
• Child seat should recline at approximately a 45-degree angle.  
• Harness straps/slots at or below shoulder level.  
• Harness straps snug on child; harness clip at armpit level. |
| **STEP 2** Forward-facing | Convertible seat/rear-facing  
Birth to at least 1 year to at least 20 pounds*  
Seats should be secured in the back seat of the vehicle by a safety belt or by the LATCH system.  
*American Academy of Pediatrics recommends that babies ride rear facing in a convertible seat to the maximum rear facing weight limit. | • Never use in a front seat where an air bag is present.  
• Tightly install child seat in back seat, facing the rear.  
• Child seat should recline at approximately a 45-degree angle.  
• Harness straps/slots at or below shoulder level.  
• Harness straps snug on child; harness clip at armpit level. |
| **STEP 3** Boosters | Convertible Seats/forward facing, combination seats, or forward-only seats with a 5 point harness  
Children should be at least one year of age and over 20 pounds.  
Children should remain in full harness until they reach the top weight or height allowed. | • Tightly install child seat in the back seat, facing forward.  
• Harness straps/slots at or above child’s shoulders.  
• Harness straps snug on child; harness clip at armpit level. |
| **STEP 4** Seatbelts | Belt-positioning booster, backless or high back belt-positioning booster  
40 lbs to about 80 lbs., unless they are 4’9” (57”) tall.  
High-back boosters seats must be used when the vehicle does not have a head-rest. | • Booster used with adult lap and shoulder belt in the back seat.  
• Shoulder belt should rest snugly across chest, rests on shoulder; and should NEVER be placed under the arm or behind the back.  
• Lap belt should rest low, across the lap/upper thigh area – not across the stomach. |
| | Vehicle lap and shoulder belt  
Over 4’9” (57”) tall. | • All children 12 and under should be in the back seat.  
• Child can sit with back against vehicle seat back.  
• Knees bend over the edge of vehicle seat.  
• Lap belt fits low and snug across thighs.  
• Shoulder belt crosses the collar-bone and center of chest. |
Child Passenger Safety Fitting Stations

Please call to schedule an appointment

Sacramento County

UC Davis Medical Center ............................................................. (916) 734-9784
CHP, North Sac ........................................................................... (916) 338-6710
CHP, South Sac ............................................................................ (916) 681-2300
CHP, Downtown Sac, Capitol ....................................................... (916) 322-3337
CHP, Valley Division Office ......................................................... (916) 464-2090
Elk Grove Fire Department ............................................................ (916) 405-7114
Mercy San Juan Medical Center .................................................. (916) 864-5779
AAA Office, Greenhaven/Elk Grove .............................................. (916) 478-7530
AAA Office, Folsom ..................................................................... (916) 351-2629 or (916) 351-2634
AAA Office, Citrus Heights .......................................................... (916) 560-0503

Placer County

CHP, Newcastle ............................................................................ (916) 663-3344
Lincoln Fire Department ............................................................... (916) 434-8275
Placer County CDF (Auburn), On duty .......................................... (530) 823-4155
Rocklin Fire Department, On Duty Battalion Chief ..................... (916) 625-5300
Roseville Fire Department ............................................................ (916) 772-6300
AAA Office, Auburn .................................................................... (530) 886-2540

El Dorado County

CHP, Placerville ............................................................................ (530) 662-4885
El Dorado County Health ............................................................ (530) 621-6105
El Dorado Hills Fire Department .................................................. (916) 933-6623

Yolo County

CHP, Woodland ............................................................................ (530) 662-4685
City of Davis Police Department .................................................. (530) 747-5419
City of West Sacramento Fire Department, Fire Admin ............... (916) 617-4600
Woodland Police Department ..................................................... (530) 662-4685
Yolo County Health Department .................................................. (530) 666-8645