

汽车安全座椅

Car Seat Safety

Car crashes are a top cause of death and serious injury for children. Using a car or booster seat the right way can save your child's life.

In the United States, there are laws that require car seat and booster seat use with children. Check your state's law. When you are traveling with children, follow the laws of the state in which you are driving.

Included are some general rules, but there is more to know. Always read and follow the instructions in your car seat manual.

Choosing a Seat

There are different kinds of seats to choose from. Knowing which seat to use and when to change to another can be hard. There are often experts in your community that can help and many have interpreters if you need one.

If your baby is premature or your child has special needs, talk to your doctor about the safest way to travel with your child.

General Rules for Seat Use

Rear-facing Car Seat

- Babies under 1 year of age **MUST** ride rear facing. Stay rear facing until at least age 2, unless your child is above the height or weight limit of the car seat.
- Keep your baby rear-facing for as long as possible. Rear-facing is safest.

车祸是造成儿童死亡和重伤的罪魁祸首。正确使用汽车安全或辅助座椅可以挽救孩子的生命。

根据美国某些州的法律要求，儿童必须使用汽车安全座椅和加高座椅。请查看您所在州的法律规定。带孩子旅行时，请遵守驾驶所在州的法律。

这些法律中既有通用的规定，也有需要详细了解的具体内容。请务必阅读并遵守汽车安全座椅手册中的说明。

选择座椅

目前可供选择的座椅类型很多。您可能不清楚如何选择以及何时更换座椅。您社区中通常会有专家可以提供帮助。如果您需要口译，很多社区也会提供口译员。

如果您的宝宝早产或您的孩子有特殊需求，请咨询医生有关携儿童出行的最安全方式。

座椅使用的通用规则

后向汽车安全座椅

- 1岁以下的婴儿乘坐汽车时，必须背对着车行方向。除非您的孩子超过汽车安全座椅的身高或体重限制，否则应保持背对车行方向，直到至少2岁。
- 尽量让宝宝保持反向。反向最安全。

Front-facing Car Seat

- If your child is above the height or weight limit for your rear facing seat, switch to a front facing seat.
- Use the front facing seat as long as you can, then switch to a booster seat when your child's height or weight is above the seat's limits.

Booster Seat

- Use a booster seat until:
 - Child's back and bottom are flat against seat of car.
 - Shoulder belt fits across the middle of the shoulder and chest.
 - Lap belt fits low across the hips.
 - Knees bend at the edge of the vehicle's seat.
 - Can sit with feet on the vehicle's floor for the whole ride.

Safety Tips

Riding in Back is Best

- 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 seat belt and must ride in the front seat, use a lap and shoulder seat belt the right way and move the front seat as far back as you can from the dashboard.

正向汽车安全座椅

- 如果您的孩子超过了反向汽车安全座椅的身高或体重限制，请更换正向汽车安全座椅。
- 请尽可能使用正向的安全座椅。如果孩子的身高或体重超出座椅限制，请更换加高座椅。

加高座椅

- 在儿童达到以下标准前，请始终使用加高座椅：
 - 儿童的后背和臀部贴合汽车座椅。
 - 肩带适合肩胸部的中部。
 - 搭接腰带适合臀部两侧。
 - 膝部在汽车座椅的边缘弯曲。
 - 在驾驶全程，双脚可以触及车辆地板。

安全事项

最好在后座乘坐

- 对于 12 岁以下的同行儿童而言，后座最安全。
- 切勿将儿童放在装有乘客安全气囊的汽车或卡车的前座上。
- 如果孩子达到足以使用成人安全带的年龄，并且必须坐在前排座椅上，请以正确的方式使用腰部和肩部安全带，将前排座椅尽可能拉后，远离仪表板。

Car Seat Tips

- Not all car seats fit in all vehicles. When installed the right way, 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.
- Harness straps come over the shoulders and fasten in two places - over the chest and between the legs. You must fasten both!
- For small babies, a rolled up baby blanket can be placed on either side of the head or the body for support. **Do not** place anything behind the baby's back or under the baby.
- Coats, snow suits or bulky clothing should not be worn under the car seat harness. Tuck a blanket over your baby after they are strapped in, if needed.
- Baby's head may naturally turn to the side, but should not fall forward (chin on chest).
- Place something in the back seat that you need near the baby, so you don't forget to take baby out, especially when your routine is different.

Booster Seat Tips

- Booster seats use the vehicle's adult seat belt instead of the harness straps to secure the child. The seat belt should fit low and over the hips and thighs.
- The shoulder belt crosses the center of the child's shoulder and stretched across the chest. It should not cross in front of the face or neck.
- Do not let your child put the vehicle's shoulder belt behind them or under their arms.

汽车安全座椅提示

- 每款汽车安全座椅的设计不见得适合所有车辆。正确安装后，汽车安全座椅左右移动的距离不得超过一英寸。
- 参加您所在社区的汽车安全座椅检查。检查可能由当地的卫生部门组织。
- 安全带绕过肩部并固定在两个位置——胸部和双腿之间。务必将两个部位系紧！
- 对于小宝宝来说，可以卷起婴儿毯，将其放在头或身体两侧，作为支撑。请勿在婴儿的背后或下方放置任何物品。
- 请勿在汽车安全座椅绑带下加塞外套、雪地服或笨重的衣服。必要时，在扣好安全带后，为婴儿加盖一层毯子。
- 婴儿的头应该自然转向侧面，但不能向前倾倒（下颌抵在胸部）。
- 将随身物品放在婴儿附近的后座上，以免忘记将婴儿带离汽车，尤其是不符合您的日常习惯时。

加高座椅提示

- 加高座椅使用车辆的成人安全带固定儿童身体。安全带的位置应就低，以绕过臀部和大腿。
- 肩带绕过孩子的肩部中央，在胸部延伸。不应在脸部或颈部前方交叉。
- 切勿让孩子将汽车的肩带放在他们的身后或腋下。

Help Installing Your Car Seat

- Contact your local health department. Many offer help with buying and installing car seats.
- Contact your local hospital. Many offer help to correctly install and use car seats.

帮助安装汽车安全座椅

- 请联系当地的卫生部门。很多地方卫生部门都会提供购买和安装汽车安全座椅的帮助。
- 联系当地医院。很多当地医院都会提供正确安装和使用汽车安全座椅的帮助。