

Mayo Clinic Minute

Tips to properly install kid car seats

Video	Audio
Kim Lombard (00:30) Injury Prevention Coordinator Mayo Clinic	“There are two methods for installing car seats. We can either use the seatbelt system that comes in the vehicle, or we can use a system that’s called latch, which is a system of hooks and anchors.”
Vivien Williams VO: Installation to car/car seat manuals	Always refer to the car seat instructions and vehicle manufacturer’s instructions for weight limits, proper use and installation.
Kim Lombard (3:05)	“You should be able to get that seat tight enough where it does not move more than an inch left to right or front to back.”
Vivien Williams VO: car seat etc.	Check angles to make sure the seat is angled properly.
Kim Lombard (00:31)	“Car seats have a five-point harness, which means that we’re having protection with that child at the child’s shoulders, their hipbones and their pelvic bone.”
Vivien Williams VO: Car seat installation, checking of harness	If you can pinch any webbing, the harness is too loose, and a child could be thrown from the seat in a crash.
Vivien Williams VO: Car seat installation	Keep kids rear-facing as long as possible, according to the car seat’s height and weight requirements.
□	For the Mayo Clinic News Network, I’m Vivien Williams. □