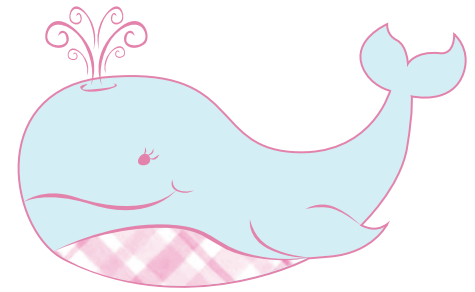


W.H.A.L.E. CHECK



W.H.A.L.E. (We Have A Little Emergency) CHECK can make a difference in the event of a motor vehicle crash involving your child. Please help prevent injuries by following these safety tips:

- SEAT STRAPPED IN TIGHT:** You should not be able to move the car seat more than one inch in any direction at the belt path.
- CHEST CLIP AT ARMPIT LEVEL:** Always check the owner's manual when rethreading the harness through the retainer clip.
- HARNESS SNUG ON THE CHILD:** Straps should be tight when you pinch the fabric of the harness at the shoulder.
- WEAR YOUR SAFETY BELT:** Studies show that when adults are buckled, kids are buckled.
- HAS YOUR CAR SEAT BEEN RECALLED?** Find out online at www.floridaopr.com/ufl.edu under "Child Safety Seats".
 - Always read manufacturer's instructions for both your car and child safety seat. Remember, the back seat is the safest place for all children 13 and under to ride.

Birth - 12 Months

- Your child under age 1 should always ride in a rear-facing car seat.
- There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

1 - 3 Years

- Keep your child rear-facing as long as possible. It's the best way to keep him or her safe.
- Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

4 - 7 Years

- Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer.
- Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

8 - 12 Years

- Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly.
- For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: the safest place for your child to ride is the back seat.

According to the American Academy of Pediatrics:

W.H.A.L.E. (We Have A Little Emergency) CHECK is an education and identification program for parents who have children in car seats. In many cases children are too young to identify themselves or provide helpful information in the event of an automobile crash. Fill out this form below, cut and tape to your child's car seat to provide vital information for emergency personnel.



W.H.A.L.E. CHECK



child's name: _____

special medical conditions: _____

parent/guardian names: _____

phone number: _____

emergency contact: _____

