



Child Car Seats



www.rospa.com

www.childcarseats.org.uk

www.think.dft.gov.uk

Safe Journey Tips

Every year in Great Britain there are around 250,000 road accidents reported to the Police in which someone is injured. Almost 3,500 people die in these crashes (including around 200 children), over 38,000 are seriously injured and more than ¼ million people are slightly hurt.

Almost all road accidents involve human error. Someone (more often than not, a driver) makes a mistake, error of judgement or behaves recklessly.

As a driver there are several, simple steps you can take to reduce the risk that you and your family will be involved in a crash.

On every Journey:

- Watch your speed
- Leave plenty of room around you
- Leave plenty of time for your journey, so you're not stressed or tempted to speed
- Don't do other things that will distract you (like using a mobile phone) while driving
- Don't drink and drive, and avoid medicines that make you drowsy
- Don't drive while tired - plan long journeys to include rest breaks

Make sure:

- Your child is using a suitable child restraint or seat belt.
- The child seat is **securely fitted** - check every journey.
- The child locks on the car doors are activated
- You wear your own seat belt - set a good example
- Your head restraint is correctly adjusted.

Think about taking a driver assessment course - everyone of us would benefit from a little refresher training.