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| **Child Car Seat Presentation**  C:\Users\nlloyd\Desktop\RoSPA_logo2_CMYK.jpg | |
| **Learning objectives**   1. Understand why children need to use car seats that are designed for their specific weight, height and age 2. Understand the difference between rear, forward facing and high backed booster seat 3. Understand the difference between R44 and R 129 i-Size seats 4. Be able to advise parents and carers about choosing, installing and using car seats.   **Equipment**   1. Presentation 2. Evaluation sheets 3. Projector 4. White board and pens (optional) | |
| **Lesson Plan**  House keeping  Learning objectives and course content  Programme for the day (course 2 hours long with a short comfort break half way through if required)  Give out (or email prior to the course) Pre questionnaire evaluation form to delegates.  120 minutes | **Method**  PowerPoint slides 2  On completion of the presentation delegates will have a greater understanding of:   * Understand why children need to use car seats that are designed for their specific weight, height and age * Understand the difference between rear, forward facing and high backed booster seat * Understand the difference between R44 and R 129 i-Size seats * Be able to advise parents and carers about choosing, installing and using car seats.   Slide 3  Q. It is a legal requirement to carry a child in a car seat (with a few exception) and nearly all parents and carers abide by this law. Therefore, do we have a problem?  Explain that:  On average 14 children aged less than 12 are injured as a passenger in a car every day, although it is difficult to say precisely how many are a direct result of a badly fitted car seat. The picture in this slide shows what can happen when the child’s harness is to loose. The shoulder harness has also slipped off the child’s shoulder.  A 2017 survey by Good Egg found that two out of every three seats was fitted incorrectly of which:  -11% incompatible with child and or car  -57% had a major fault  - Over half had a minor fault  Slide 4  Babies are especially vulnerable in the event of a collision. When babies are born their skulls are soft, which helps them pass through the birth canal. It can take 9-18 months before a baby's skull is fully formed.  Children also have heavier and larger heads in proportion to the rest of their body; this makes them particularly vulnerable to neck injury if not correctly supported.  CLICK on picture to view film clip.  This demonstration from the TRL crash sledge shows what can happen if the seat is incorrectly secured or is incompatible with the vehicle, note how it folded and the child was thrust forward; it would have sustained injury if this were a real collision.  Slide 5  This slide shows the after mouth of a crash where there was a baby in the back.  CLICK  Fortunately the baby was in a rear facing car seat and was released by the fire brigade uninjured, as was the driver.  Slide 6  Four important points to consider:  Whether you are a parent, health visitor, social worker or foster carer there are a number of fundamental questions you should ask yourself when using a child car seat. These are:   * How do I know that the seat I am using is SAFE and LEGAL? * What methods can I use to secure the car seat into my car? * What type of seat do I need? * How do I fit the seat correctly?   Each of these questions will be covered in more detail later, but this short film provides an over view  This is an extract from our First Child Car Seat film. Hover over movie bubble and CLICK on play arrow to show the film which is 1:46 seconds  Slide 7  What does the law say?  Q. When must a child use a car seat? CLICK - Stress that a child MUST use a car seat until they are 12 years old or 135cm tall.  Q. Are there are exceptions to this law? CLICK  Explain the exceptions:   * Medical certificate – disabled children can use specially adapted belts known as ‘disabled person’s belts’. * Taxi & Minicabs   Children can travel in taxis and minicabs that do not have a child seat. They must, however, travel on a rear seat and, if they are 3 years or older, use a seat belt. Children who are less than 3 years of age can travel without a seat belt in the rear, although this is not a safe option.   * Unexpected journey-   If an appropriate child car seat is not available, a child over 3 years of age can use an adult seat belt if the journey is all of the following:  - Unexpected  - Necessary  - Over a short distance  This exception does not apply to children under 3 years old. You cannot take children under 3 years in a vehicle without a seat belt or the correct child car seat, except in a taxi or minicab as described above.   * Two occupied child car seats in the rear of the vehicle-   If there are two occupied child car seats in the rear but not enough room to fit a third one, a child over 3 years can sit in the rear using the car's seat belt instead of a child car seat. However, children under 3 years must be in a child car seat, so if there is no room for a third child seat in the rear, the child must travel in the front seat with the correct child seat, remember – it is illegal to carry a child in a rear facing seat with an active airbag in the front. The seat should be pushed as far back as possible to maximise the distance between the child and the dashboard if using a forward facing seat with an active airbag  Slides 8  What type of car seat do I need?  There are basically 4 main types you can choose from based on either weight or height.  New born babies start with a rear facing seat and progress to using a forward facing and High Backed Booster seat.  Some seats allow a child to be carried initially rear facing then forward facing in accordance with the manufacturer’s instructions. These are known as combination seats.  Slide 9  Classification of the car seat:  All child car seats will be tested to ensure that they meet a minimum safety standard. United Nations ECE Regulations R44 or R129   * R44 is the older standard and uses a child’s weight * or the newer R129 (known as i- size) which uses a child’s height   You can only use a R44 seat if it either R44.04 or 0.3. R44.03 seat  Slide 10  How do I fix the seat?  Some R44 seats can be secured by just seatbelts, others use isofix.  All R129 seats must be secured using isofix (most also use the seatbelts and a third anchorage point, this will be either a support leg or a top tether). There are a few i-Size seats like the rear facing seat shown in the film which whilst being i-Size can be fitted without the base using the 3 point belt.  Slide 11  Finding the isofix point:  The pictures on this slide show how to find the isofix points and the symbol used. The black plastic template is used to help guide the isofix prongs onto the medal bar behind the seats upholstery. Some cars like the one shown here have guides built into the seat to make fitting easier.  Slide 12  Fitting a rear facing isofix seat:  Hover over movie bubble and CLICK on play arrow to show the film which is 2:46 seconds  Slide 13  How do I know it’s an i-Size seat?  On visual inspection it can be difficult to tell whether it’s an R44 or a R129 i-Size seat, but legally it is important to know this as children in i-Size seats must be kept rear facing for longer.  Q. How would you know whether you are buying or using an i-Size seat?  All seats MUST have an orange label – this will tell you whether it is a i-Size seat. This is shown by the numbering R129.  In this example 129/00 shows that it is a rear facing seat – suitable for children 40-83 cm tall  i-Size was introduced in July 2013 and isofix is mandatory, the only exception is infant carriers with visible seat belt guides.  Slide 14  Fitting an i-Size seat:   * An i-size seat is secured using the cars isofix points * Many will have a seat with a leg, this should NOT be used in vehicles with a under floor compartment unless approved by vehicle manufacturer * Some seats may use a top tether rather than a leg * Use the side impact protection feature on the side nearest the car door   The seat in the film although i-Size can be fitted without the base using the 3 point belt.  Slide 15  Using an i-Size seat:  These were introduced in July 2013 to keep children rearward-facing for longer and provide greater side protection, i-Size only applies to Isofix seats and covers seats with an integral harness for children up to 105cm.  i-Size runs side by side with the existing R44.04 standard and parents can choose whether to buy and use a child car seats that meet the R44.04 or i-Size standard.  i-Size seats must be capable of carrying a child rearward-facing up to the height of 83cm.  A child between 71cm and 83cm tall and over 15 months old can be carried rearward or forward facing  Slide 16  Fitting a rear facing seat with seat belts:  All seats will have routing guides to show you where the lap and diagonal belts go around the seat. On rear facing seats these are always BLUE.  Hover over movie bubble and CLICK on play arrow to show the film which is 1:41 seconds  Slide 17  Securing the child in the harness:  Go through the bullet points:   * The harness should be level or less than 2cm below the child’s shoulders * Only space for 2 fingers between chest and the harness * Buckle should rest over the pelvis * Avoid heavy clothing   Hover over movie bubble and CLICK on play arrow to show the film which is 1:07 seconds  Slide 18  Rearward facing R44 seat:  Group 0 seats allow the baby to lie flat and are good for premature or low birth weight babies (Babysafe sleeper)  However, they are not very common as most people prefer to use 0+ (up to 13kg) as they last longer having a higher maximum birth weight limit.  Medical advice is to avoid keeping young babies in a car seat for longer than 30 minutes. For further information: [http://www.childcarseats.org.uk/types-of-seat/rearward-facing-baby-seats/#low-weight](http://www.childcarseats.org.uk/types-of-seat/rearward-facing-baby-seats/)  Slide 19  Rear facing R44:  Rear facing seats provide greater protection for the baby’s head, neck and spine than a forward facing seat. There is no minimum time a baby should be kept rear facing in an R44 seat, change them to a forward facing seat when they reach the maximum weight or their head is above the level of the seat. Keep them rear facing for as long as possible in accordance with manufacturer’s instructions.  Slide 20  Checking to see if the seat is compatible with your car  Whether you decide to use a R44 or R129 i-Size seat the most important thing is to check that it is compatible with your vehicle.  On the RoSPA [www.childcarseat.org.uk](http://www.childcarseat.org.uk) website there is a page which will help you to do this.  Slide 21-23  The following slides show how to use the car seat compatibility checker. The example used is a Ford C-Max with a Britax Baby Safe i-Size seat  Slide 24  Forward facing seats:  There are 2 main types of R44 forward facing seats   * Group 1 – for children weighing 9-18kg (9 months to 4 years) * Group 1,2 and 3 – for children weighing 9-36kg (9 months to 11 years)   Ask them how they can tell the difference – Group 1,2,3 seats will have a removable 5 point harness.  Slide 25  Fitting a forward facing isofix car seat:  Hover over movie bubble and CLICK on play arrow to show the film which is 2:45 seconds. This film provides a summary of the main forward facing fitting issues  Slide 26  Fitting a forward facing car seat with seat belts:  Hover over movie bubble and CLICK on play arrow to show the film which is 1:36 seconds  Slide 27  Forward facing seats:  This slide summarises the key points   * Seatbelt routing should follow the RED Guides * Most seats can be fitted also with isofix * Harness should be level with shoulder or no more than 2cm above Move to a bigger seat when the top of the child’s head is above the top of the seat.   Q. What should you do if the child keeps freeing his arms from the shoulder straps or undoing the buckle?  A. If the child does not understand the danger and distraction does not work, only use an accessory if it has been tested in conjunction with the seat  Slide 28  High backed booster seats:  There are 2 types of R44 High Backed Booster seats:   * Group 2 – 15 to 25kg (4-6 years) * Group 2/3 – 15-36 kg (4-11 years)   I –Size seats:  i- Size phase 2 was introduced in July 2017   * High back booster seats are i-Size approved 100-135cm. All seats within this range are automatically compatible to i-Size cars. * If a seat is between 135-150cm it is vehicle specific   Slide 29  Fitting a high backed booster isofix seat:   * You can think of a High Backed Booster seat as a forward facing seat but WITHOUT a 5 point harness. * The child is secured in the seat using the cars 3 point seat belt * It can be secured using either isofix or 3 point seat belt * Red guides show where the seat belt is routed   Slide 30  Fitting a high backed booster isofix seat:  Hover over movie bubble and CLICK on play arrow to show the film which is 1:05 seconds  The same procedure is used to secure the child in a R44 seat using the seat belt.  Slide 31  Fitting a high backed booster seat with seat belts:  The child is secured in the seat using the belt as per isofix. The only difference is the 3 point seat belt secures both the seat and the child.  Slides 32  Using a booster cushion:   * Some booster seats have backs that can be removed as children grow bigger. Booster cushions that do not have a back are also available * We strongly recommend that you do not remove the back of high-backed booster seats or use a backless booster cushion because the lack of a back and side protection. * Difficult to position the diagonal strap of a three-point adult seat belt correctly across the shoulder.   Slide 33  Using a booster cushion – the legal position   * 9th February 2017 – new designed and manufactured booster seats can only be used by children weighing in excess of 22kg and over 125cm tall * Existing booster cushions can still be sold and used   For further information <http://www.childcarseats.org.uk/types-of-seat/booster-cushions/>    Slide 34  Avoiding those common mistakes:  Slides 35-40 summarise the main fitting problems which people are likely to face.  Slide 35-37  Compatibility:  These slides show a real example of what can go wrong when the seat is not compatible with the vehicle it is used in.  Slide 38  Buckle crunch:  The buckle must be level or lower than the child car seat  Slide 39  The seat is to loose:  If using the seat belt to secure the seat get it really secure in the vehicle, push the seat into the back of the car seat and pull the belt tight, before locking it off.  Slide 40  Getting the child secure in the seat:  If the child is in the harness they must be securely fastened in the seat:  There should only be space for 2 fingers between chest and the harness – as shown in the picture. If the harness is too loose, the harness can slip of the child’s shoulders as happened here CLICK to show picture.  If the child has worn a heavy garment the time before, make sure that the harness is adjusted. Wearing a thick ski suit is not recommended.  Slide 41-43  Test your knowledge questions:  Recap of clients knowledge from the session  Slide41:   * When does a child need to use a car seat?   - If less than 135cm tall or 12 years of age (which ever comes first)   * When is a child exempt from using a car seat? * Taxi & minicab * Unexpected journey * 2 occupied car seats in the rear * When is my child to tall for the seat?   -When the top of the head is above the top of the seat or child has reach maximum weight/height for the seat  Slide 42:  When using a rear facing seat should the harness be no more than 2cm above or lower than the child’s shoulders?  - Lower (on forward facing harnesses it’s above the shoulders)  Can I put 3 seats close together on the back seat?  - Yes as long as they are not encroaching on each others space  What do you need to check when using a support foot?  - Whether the car manufacturer permits its use (not normally allowed) on vehicle with underfloor storage  Can you put a forward facing seat in the front of a vehicle?  - Yes, but turn off airbag or move seat back  Slide 43:   * Should the seat be changed after a collision?   - Yes, unless very minor and seat not in use at the time   * How long does a child need to be rear facing in an i-Size seat?   - Until they are 15 months old   * What is buckle crunch? * Where the plastic seat belt buckle casing is under pressure as on or over the plastic frame of the car seat,   Slide 44  Summary – round up:  Today we have covered:   * Why children need to use car seats that are designed for their specific weight, height and age * The difference between rear, forward facing and high backed booster seats * The difference between R44 and R 129 i-Size seats * Choosing, installing and using car seats.   You should now be in a better position to advice parents and carers on this complex topic. But if you need further help refer to RoSPA child car seat website or contact us at [info@childcarseats.org.uk](mailto:info@childcarseats.org.uk)  Slide 45:  Further information and 16 short child car seat information films go to the RoSPA child car seat website www.childcarseats.org.uk  If clients have specific questions these can be emailed to info@childcarseats.org.uk  Slide 46:  Closing slide and evaluation.  Give out post course evaluation questionnaire to delegates |