

# Car safety

## *– children and adults*



**Statens vegvesen**

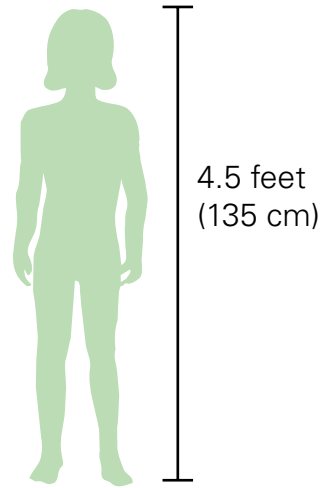


**TRYGG TRAFIKK**

Statens vegvesen – The Norwegian Public Roads Administration  
Trygg Trafikk – The Norwegian Council for Road Safety



# Children under four and a half feet (135 cm) must have their own restraints



The Traffic Act lays down that: Adults must use a seat belt and are responsible for the safety of all children in vehicles in Norway. Children under four and a half feet (135 cm) must use child restraints that are correct for their weight. The driver is responsible for ensuring that children under 15 years of age are using the mandatory child restraint, and will be fined for non-compliance if stopped by the police.

A person who is not using a restraint or is using an improper one can be seriously injured even at low speed. It is therefore important that children and adults always buckle up, even on short trips, for example driving your child to the day-care centre or school.

## **Child restraints**

Child restraints are divided into weight categories. It is important to follow the instruction manual carefully so that the car seat is properly installed. If you need help installing the seat, ask the staff at the shop where you bought it.

## **Used equipment**

If you buy a used car seat, it should not be more than five years old, and you must make sure that it has not been in a collision.



## Infants

**0 – 13 kg (0-29 lbs)  
(0 to approx. 12 months)**

A rear-facing baby chair gives the best safety and is also recommended for newborn babies.



## Toddlers

**9 – 18 kg (20-40 lbs)  
(approx. 1 to 4 years)**

Toddlers must be placed in a car seat. A rear-facing car seat gives the best safety, but forward-facing car seats are also approved for this weight class.

We recommend placing the child in a rear-facing seat as long as possible, preferably up to when the child is four years old. The child's head is large and heavy compared to the rest of the body and a rear-facing restraint reduces the risk of serious neck injuries.

Pull the seat belts as tight as possible around the child so there is no slack.



# Young children

**15 – 36 kg (33–80 lbs)  
(approx. 4 to 11 years)**

Young children must sit in a car seat with a back or in a booster seat. A car seat with a back protects the child's body and head better than just a booster seat, especially in the event of a side collision. Both seats must be used with the car's seat belts. A booster seat and a seat with a back cannot be used in a car seat that only has a lap belt. Never put the shoulder belt under the arm of the child as this can cause serious injury.



# Adults in the car

## **Seat belts save lives**

It is mandatory to use seat belts in a vehicle, also in the back seat. Passengers over 15 years of age will be fined if they don't buckle up.

## **Always use seat belts – even on short trips**

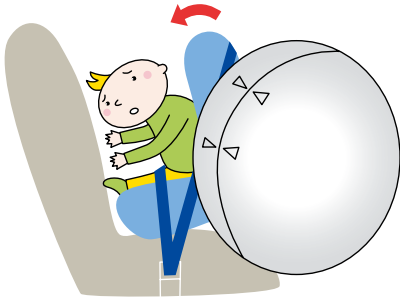
If you don't buckle up, there is a great risk of serious injury in a collision, even at low speed. You will be thrown with great force into the steering wheel, windscreen or other parts of the car, even at low speed (under 50 km/h (30 miles an hour)). The result can be serious injury or death.

## **Pregnant?**

Pregnant women should use a seat belt like everyone else – it gives the best protection for the woman and the baby she is carrying. The lap belt should be placed below the stomach, down around the thighs before it is tightened.



# Airbag



Airbags give adults extra protection. For the airbag to function properly, the seat belt must always be used.

It can be extremely hazardous for children in a car seat to sit in front of an airbag. As the airbag is designed for adults, it is released at great speed and force, and can therefore injure the child seriously. Children under four and a half feet (140 cm) should therefore not sit in a passenger seat that has an activated airbag.

In some newer car models the airbag can be deactivated when the seat is to be used by children. For other vehicles, the airbag must be deactivated at a garage. Small airbags in the doors and roof of the car are not dangerous for children who are seated with proper restraints.

# Many passengers?

Everyone in the car must have their own seat and seat belt. Carrying more passengers than the car is registered for seating is against the law. Holding a child in your lap in a car is both illegal and very dangerous. It is also illegal to use the same seat belt for more than one child, or a child and an adult.

# More information on the internet

## **[www.vegvesen.no](http://www.vegvesen.no)**

You will find more information about driver training, exchange of foreign driving licences, registration of vehicles and more on the website of Statens vegvesen (the Norwegian Public Roads Administration).

## **[www.tryggtrafikk.no](http://www.tryggtrafikk.no)**

On the website of Trygg Trafikk (the Norwegian Council for Road Safety) you will find more information about correct protection of children in cars, seat belts, traffic training, children and bicycling, school routes and so on.







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