Ready? Safe? Go!

2015 Activity Booklet For Students In Grades K-2

NORTH DAKOTA
DEPARTMENT of HEALTH
800.472.2286

NDDOT
North Dakota
Department of Transportation

Every time you get into the car ask yourself...

Are you Ready?

Are you sitting in the back seat in the car?

Are you Safe?

Are you buckled?

Then Go!

Go only if you can say YES to these questions. If you can't, then make yourself safe!

Find The Seat Belts

Ready? Safe? Go!

Can you find how many seatbelts are hidden in the picture below?

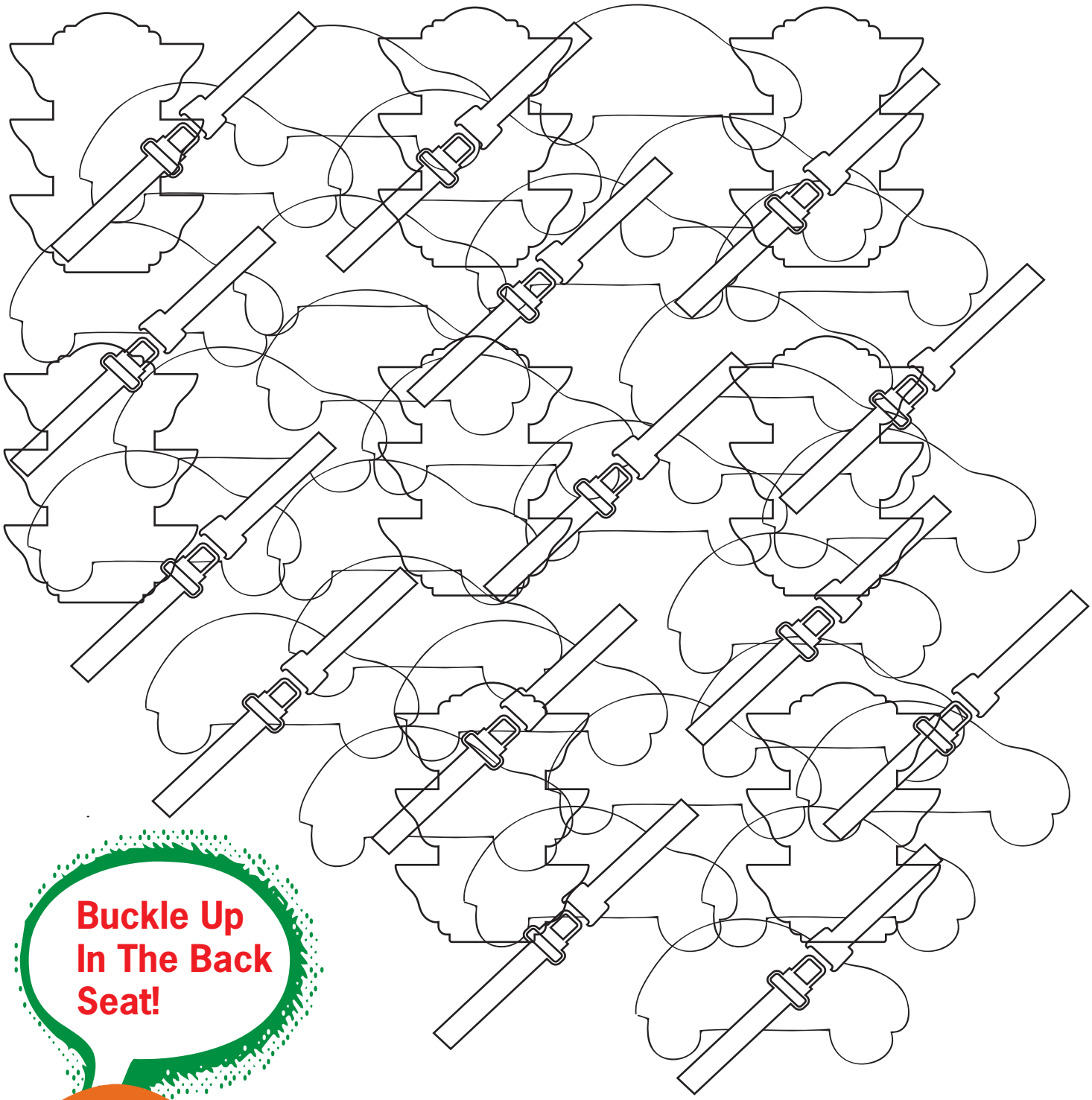
FACT: You are 43% safer in a crash if you sit in the back seat!

Answer: 7

How Many Cars?

Ready? Safe? Go!

How many cars can you spot?



Buckle Up In The Back Seat!

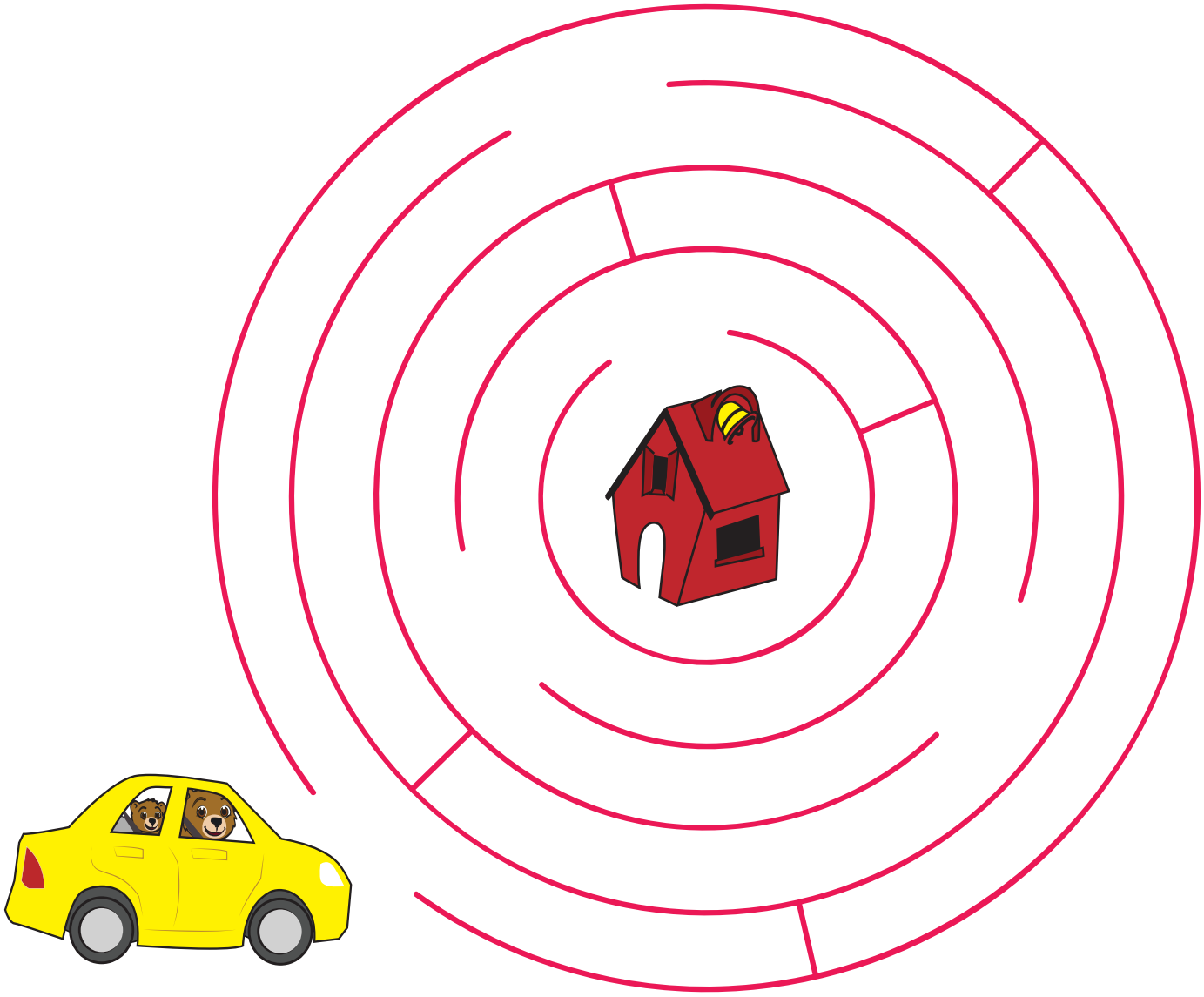
Buckle up in the back seat until 13 years of age.

Answer: 29

Solve the Maze

Ready? Safe? Go!

Help the safety bears find their way to school.



**Is the seat belt snug on the thighs and across your shoulders?
If no, you may need a booster!**

Follow The Line

Which line leads to Ready? Safe? and Go!

Ready?

1

2

3

Safe?

Go!

Buckle yourself and remind everyone else to buckle up too!

Ready? Safe? Go!

Buckle Up Pledge
A Parent/Child Promise

"I Promise to buckle up in the back seat every time I ride in a car and to remind others to buckle up too!"

Child's Signature: _____

"I Promise to remind my child to buckle up correctly in the back seat every ride and to wear my own seat belt."

Parent's Signature: _____

BEST PRACTICES FOR BUCKLING UP CHILDREN

To help you provide the safest way to travel with your child, the North Dakota Department of Health offers the following best practice recommendations:

Children younger than 13 should ride in the back seat.

REAR-FACING

Children should ride rear-facing until at least 2 years of age. Two types of car seats are available for rear-facing:
Infant Seats – Most of these seats can be used until 22-35 pounds. Use them until the highest weight limit or until the child's head is within one inch of the top of the seat.
Convertible Seats – These seats can be used rear-facing and forward-facing. Most can be used rear-facing up to 30-40 pounds. Use them rear-facing until the highest weight or height limit allowed by the manufacturer.

FORWARD-FACING

When children are at least 2 years of age or have outgrown the highest rear-facing limits of their car seat, they may ride forward-facing in a car seat with a harness. Use the seat until the child reaches the harness's highest weight limit allowed by the manufacturer. Car seats with harnesses can be used up to 40-100 pounds.

BOOSTERS

When children have outgrown the harness in their forward-facing car seat, they may be moved to a booster. The child should be at least 40 pounds and at least 4 years of age. Keep the child in the booster until about 4'9" tall or the seat belt fits correctly over the child's body. Most boosters can be used up to 80-120 pounds.

SEAT BELT

Children should use a seat belt when it fits over the body correctly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs and be snug across the shoulder and chest. It should not lie on the stomach or across the neck.

FOR YOUR CHILD'S SAFETY:

Select a car seat based on your child's age, size, development and maturity. Weight and height information will be on labels attached to the car seat and in the instruction manual.
Register your car seat, check for recalls and monitor the expiration date of the seat.
Secure your child in the seat snugly, following the car seat instructions.
Install the seat tightly in your vehicle using the seat belt OR lower anchors and tether (LATCH) system. Follow the car seat instructions and vehicle owner's manual.

Need help with your car seat? Visit a car seat checkup or child passenger safety technician for assistance.
Call the North Dakota Department of Health at 800.472.2286 (press 1) or go to www.ndhealth.gov/injury/ for a list of car seat checkups.