

# Car Seat Education Classes



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Utah Local Health Departments provide education to parents and caregivers of children 12 and younger how to properly choose and install car seats and seat belts. They talk about the different stages of car seats from rear facing, forward facing, booster and seatbelt. Education may be done through a class, an individual appointment or a community checkpoint event.

## PROGRAM BENEFITS

Participants completing the program report experiencing:

- Increased ability to properly install their car seats
- Come away knowing Utah's laws regarding child safety seats and seatbelts
- Know to importance of properly installed car seats and correct harnessing
- Understand the importance of booster seats
- Understand the importance of seat belts

## WHAT IS PROVIDED TO PARTICIPANTS

- Educational information to take home
- Some Health Departments offer low-cost car seats

## RESOURCES

Visit this website for more information:

- [www.safekids.org](http://www.safekids.org)
- [www.safekidsutah.org](http://www.safekidsutah.org)

## CONTACT PERSON

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## WHY IS THIS IMPORTANT?

- Preventable injuries are the number one cause of childhood death with motor vehicle accidents topping the list for children.
- We know that 3 out of 4 car seats are improperly installed, we can change this. Proper car seat use saves lives; unfortunately car seats can be complicated.
- Child Passenger Safety Technicians are trained to teach parents and care givers how to properly install their car seats and give them personal instruction on their specific car seat.
- Even if caregivers have installed seats for years they will walk away knowing something (more than likely many things) that they did not know before.

## SOURCES

1. [www.cdc.gov/dhbsp/data\\_statistics/fact\\_sheets/fs\\_heart\\_disease.htm](http://www.cdc.gov/dhbsp/data_statistics/fact_sheets/fs_heart_disease.htm)
2. 2014 Utah BRFSS Report

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)  
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1-888-222-2542