

Transcript

Video #1: How to Install an Infant Rear-Facing Seat

[Gentle upbeat music plays throughout]

00:00:00 - 00:00:03

[Video: *Ontario Logo.*]

00:00:04 - 00:00:07

[Video: *Blue title screen*]

[Text on Screen: *Installing a rear-facing child car seat*]

00:00:08 - 00:00:15

Instructor >> Hi, and welcome to parenting one-on-one. In this video, I will show you how to install a rear-facing child car seat for infants.

[Video: *Female Instructor in a pink sweater welcomes viewers to this instructional. Model back seat of car is shown with woman locking in an infant car-seat.*]

00:00:15 - 00:00:20

Instructor >> Oh, and if you have older children, watch the other videos in this series for helpful tips.

[Video: *Icon for toddler car seat. Icon for older children car seat.*]

[Text on Screen: *Other videos to watch. Toddlers. Older Children.*]

00:00:20 - 00:00:37

Instructor >> Now before we begin, a few things to remember. A rear-facing child car seat is designed to support your baby's developing neck and back muscles. Don't rush to move him from a rear-facing child car seat to a forward-facing one. A rear-facing child car seat offers better protection.

[Video: *Instructor speaking directly to camera.*]

00:00:38 - 00:00:46

Instructor >> In Ontario, the law requires an infant to use a rear-facing car seat until the child weighs at least 9 kg or 20 lb.

[Video: *Instructor speaking directly to camera. Graph showing different stages and child's weight guidelines of a Rear facing car seat, Forward facing car seat, Booster car seat with the graph highlighting then centering the Rear facing car seat guidelines*]

[Text on Screen: *Rear-facing seat guidelines. Rear facing car seat, 0-9 kg. or 0-20 lbs. Forward facing car seat, 9-18 kg. or 20-40 lb. Booster car seat, 18-36 kg. or 40-80 lb.*]

00:00:47 - 00:01:00

Instructor >> Check the weight and height limits to be sure. This can be found on the car seat and in the instructions. Always follow the manufacturer's recommended weight and height restrictions when selecting and using your car seat,

[Video: *Instructor speaking directly to camera. View of manufacture instruction, warning, diagrams adhered onto car seat. Hands looking through instruction manual.*]

[Text on Screen: *Check weight and height limits*]

00:01:00 - 00:01:14

Instructor >> and keep your child in a rear-facing car seat until they reach its maximum weight or height limits. Always read your vehicle owner's manual and child car seat instructions before you install your child car seat.

[Video: *Instructor speaking directly to camera. Hands flipping through instruction manual.*]

[Text on Screen: *Keep using the seat until limits are reached*]

[Text on Screen: *Read your vehicle and car seat manuals*]

00:01:14 - 00:01:38

Instructor >> Here's how to install the car seat using the vehicle's seat belt. Check your vehicle's seat belt to see whether it can be used in locking mode. Pull the seat belt all the way out of the retractor and let it go back slowly and listen for a clicking sound. Now quickly pull the seat belt out to see if it locks. If it does, it's in automatic locking mode. This is what keeps the car seat tight when you travel.

[Video: *Blue title screen. Model car back seat seatbelt pulled out continually until locked, then retracted slowly, woman listening for "clicking" sound. Instructor speaking directly to camera*]

[Text on Screen: *Installation process using seatbelt*]

[Text on Screen: *Check for seatbelt "locking mode"*]

00:01:38 - 00:02:00

Instructor >> If it doesn't lock in the retractor, check if it locks here, on the latch plate. If it still doesn't lock, you'll need to use a locking clip. Installed like this, one-half inch from the latch plate so you can see two "C" shapes. Some child car seats have a built-in locking clip that can be used to lock the seat belt.

[Video: Model car back seat seatbelt latch plate shown. Locking clip being installed onto seatbelt, one inch from the latch plate with two "C" shapes. Instructor speaking directly to camera]

00:02:00 - 00:02:27

Instructor >> Install the base at the angle recommended by the child car seat manufacturer, usually 45 degrees. Most rear-facing seats have an adjustable foot to get this angle. Some seats have an indicator to use as a guide to help you measure the angle. If your baby's head is flopping forward or if they're lying down too much, you may need to adjust the angle. You may also need a foam bar or a tightly rolled towel to get the angle right.

[Video: Instructor speaking directly to camera. Seat base adjustable foot being extended. Recline indicator on seat base pointed to. 3 small foam bars duct taped together placed at the base of the back seat for the car seat base to rest on.]

[Text on Screen: *Install seat base at recommended angle*]

00:02:27 - 00:02:46

Instructor >> Thread the seat belt through the correct belt path. For rear-facing it usually goes beneath where the baby sits. Now you need someone to help you put weight in the child car seat so you can tighten the seat belt. Make sure the seat can't move more than two and a half centimeters, or one inch, grabbing it where the seat belt goes through the seat.

[Video: A woman threads the seatbelt through the base and clips in. A man helps to put additional weight onto the car seat base as the woman tightens the seatbelt. Instructor speaking directly to camera. Woman's hand is seen trying to move the car seat base in it's locked position.]

[Text on Screen: *Thread the seatbelt through base*]

00:02:46 - 00:03:05

Instructor >> Now let's show an installation using the UAS belt. Vehicles made after January 1st, 2002 will have Universal Anchorage System, or UAS, points between the vehicle seat back and the lower seat cushion, like these. These are usually indicated by a symbol.

[Video: Blue title screen. Instructor speaking directly to camera. UAS anchor point between vehicle seat back and lower seat cushion shown with UAS car seat symbol]

[Text on Screen: *Installation process using UAS belt*]

[Text on Screen: *Vehicles made after January 1, 2002 have UAS*]

[Text on Screen: *Universal Anchorage System (UAS)*]

00:03:05 - 00:03:11

Instructor >> All seating positions may not have UAS anchorage points so it's important to read your vehicle owner's manual.

[Video: *Instructor speaking directly to camera.*]

00:03:11 - 00:03:28

Instructor >> Child car seats come with a UAS belt. Simply thread the belt through the correct belt path. For rear-facing it usually goes beneath where your little one sits and connect it to the UAS anchorage points in your vehicle. Check the car seat instructions when using the UAS belt.

[Video: *Woman threads the car seat UAS belt through the base of the car seat and locks into the UAS anchorage points. Instructor speaking directly to camera. UAS anchorage point pointed to.*]

[Text on Screen: *Use the UAS belt to secure seat base*]

00:03:28 - 00:03:39

Instructor >> Using body weight, tighten the UAS strap. Make sure the seat can't move more than two and a half centimeters, or one inch, grabbing it where the UAS belt goes through the car seat.

[Video: *Woman uses her knee to apply additional body weight to the car seat base as she tightens the UAS strap. Instructor speaking directly to camera*]

[Text on Screen: *Base cannot move more than 2.5 cm or 1 inch*]

00:03:39 - 00:03:49

Instructor >> Always refer to the vehicle owner's manual and child car seat instructions for correct installation. Use the seat belt or the UAS system, not both. Now it's time to secure your baby.

[Video: *A woman's hand flips through owner's manual. Instructor speaking directly to camera.*]

[Text on Screen: *Read your vehicle and car seat manuals*]

[Text on Screen: *Use the UAS or seatbelt - not both*]

00:03:50 - 00:04:07

Instructor >> Avoid using bulky clothing when you fasten the buckles. Any extra padding can cause slack in the harness straps and they may not hold your child in place

properly. The chest clip must be at armpit level. Snug, so you can only get one finger between the harness and your child at the collarbone.

[Video: *A baby boy is seated in a car seat as woman checks tightness of straps. Instructor speaking directly to camera. Chest clip is slid up to arm pit level of the child and woman ensures only one finger can fit between the harness and the child's collarbone.*]

[Text on Screen: *Avoid bulky clothing that could interfere with straps*]

[Text on Screen: *Chest clip should be at arm pit level*]

00:04:07 - 00:04:30

Instructor >> To test tightness, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go. Also, the harness straps coming through the seat must be at or just below the shoulders. Now you're ready to place your baby in the car. For an infant only car seat, make sure the carrier latches into the base - every time!

[Video: *Instructor speaking directly to camera. Woman pinches harness strap at child's shoulder without excess webbing. Instructor speaking directly to camera. Carrier is being lifted to the car seat base to be latched in.*]

[Text on Screen: *Carrier should latch into base every time*]

00:04:30 - 00:04:38

Instructor >> Find the manual once again for the correct placement of the carrying handle and canopy and always follow the manufacturer's recommendations.

[Video: *Woman's hands flip through car seat manual. Woman's hands put the carrying handle down in the correct position.*]

[Text on Screen: *Check correct placement of handle and canopy*]

00:04:38 - 00:04:46

Instructor >> Before you drive away here are some general tips: The safest place for children 12 and under is the back seat of your vehicle.

[Video: *Instructor speaking directly to camera.*]

[Text on Screen: *General Tips*]

[Text on Screen: *Children 12 and under safest in the rear seat*]

00:04:46 - 00:05:00

Instructor >> Avoid using items that did not come with your car seat as they may not be safe to use. Check with the child car seat manufacturer before using them. Make sure all straps lie flat across the child without twisting.

[Video: *Blue title screen with photo of head rest & child's toys. Instructor speaking directly to camera. Harness straps laid flat across child's chest*]

[Text on Screen: *Avoid using items not part of car seat*]

[Text on Screen: *All straps should lie flat and not twisted*]

00:05:00 - 00:05:10

Instructor >> Make sure your child car seat meets the federal Canadian Motor Vehicle Safety Standards and displays the National Safety Mark label indicating it does. That's the round sticker with the maple leaf on it.

[Video: *Instructor speaking directly to camera. Round sticker with green maple leaf pointed to on the base of the child car seat. Blue title screen with green maple leaf National Safety Logo.*]

[Text on Screen: *National safety label required*]

00:05:11 - 00:05:19

Instructor >> Always replace the car seat if it's been involved in a collision or has passed its expiry or useful life date as determined by the manufacturer.

[Video: *Blue title screen with photo of instructions printed into car seat base "Do not use this child restraint 10 years after the date of manufacture." Instructor speaking directly to camera.*]

[Text on Screen: *Replace car seat if used in a collision or past expiry date*]

00:05:19 - 00:05:28

Instructor >> Remember to send in your warranty card before you use your new child car seat so that you will be notified of any recalls or issues with the seat.

[Video: *Woman's hand holds warranty card. Instructor speaking directly to camera.*]

[Text on Screen: *Send in your warranty card before use*]

00:05:28 - 00:05:41

Instructor >> Use extra caution when buying or using a pre-owned seat. Check the date of manufacture on the seat. Child car seats manufactured before January 1, 2012 may not meet current federal safety standards.

[Video: *Blue title screen with photo featuring date of manufacture sticker on the base of the car seat. Instructor speaking directly to camera.*]

[Text on Screen: *Use extra caution when buying a pre-owned car seat*]

[Text on Screen: *Before January 1, 2012 may not meet standards*]

00:05:42 - 00:05:52

Instructor >> This video is a visual guide, but remember, every car and every child car seat is different. Follow the instructions and owner's manuals closely.

[Video: *Instructor speaking directly to camera.*]

[Text on Screen: *Remember every car and car seat is different*]

00:05:52 - 00:05:56

Instructor >> Thanks for watching and please check out the other videos in this series.

[Video: *Instructor speaking directly to camera.*]

00:05:56 - 00:05:59

[Video: *Ontario logo.*]

[Text on Screen: *For more car seat safety tips visit Ontario.ca/carseats*]