



## **A MINUTE OF HEALTH WITH CDC**

### ***Keep Young Riders Safe***

*Restraint Use and Motor Vehicle Occupant Death Rates Among Children Aged 0-12 Years – United States, 2002-2011*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Motor vehicle-related injuries are a leading cause of death among children in the U.S. Adults can prevent many of these tragedies by properly buckling children in vehicles. In 2011, a third of children 12 and under who died in motor vehicle crashes were not buckled up.

All children should be buckled in vehicles with an age- and size-appropriate car seat, booster seat, or seat belt. Children 12 and under should always be in the *back* seat.

Certified technicians are often available at public places, such as local fire stations and police departments, to help parents properly install and use car seats.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*