



A MINUTE OF HEALTH WITH CDC

Buckle 'em Up

National Child Passenger Safety Week — September 12–18, 2009

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Riding with children in a motor-vehicle can be a nerve-racking experience for adults; for young passengers, it can be dangerous. In the U.S. in 2007, more than 600 children under age eight were killed and over 75,000 were treated for injuries suffered in a crash. Many of these injuries and deaths were the result of improper use of restraint systems. Use of child safety seats is mandatory in every state, but the age at which children can transition to adult safety belts varies. In addition to knowing the legal requirements, parents should consider the height and weight of their child before giving up the safety seat. Your children are counting on you to keep them safe.

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

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.