Ready? Safe? Go!

2012 Activity Booklet For Students In Grades 3-6

NORTH DAKOTA
DEPARTMENT of HEALTH
800.472.2286

NDDOT
North Dakota
Department of Transportation

North Dakota's Child Passenger Safety Law

- Children younger than 7 are required to ride in a child restraint (car seat or booster seat). The restraint must be used correctly – following the manufacturer's instructions.
- A seat belt may be substituted for children younger than 7 who weigh more than 80 pounds and are more than 57 (4'9") inches tall.
- A lap belt may be used by children who weigh more than 40 pounds who ride in vehicles with lap-only seat belts or if all lap and shoulder belts are used by other occupants. (This is because booster seats require both a lap and shoulder belt for correct use.)
- Children ages 7 through 17 must be properly secured in a seat belt or child restraint (car seat or booster seat).
- The law applies to all seating positions – front seat and back.
- The driver is responsible for ensuring that all occupants younger than 18 are buckled up in the appropriate restraint.
- The penalty for violation is $25 and one point against the license of the driver.

Revised 7-11-11

UNSCRAMBLE WORDS

Ready? Safe? Go!

1. stae lbet _____

2. gibaar _____

3. ahrsc _____

4. cbka tesa _____

5. hsip _____

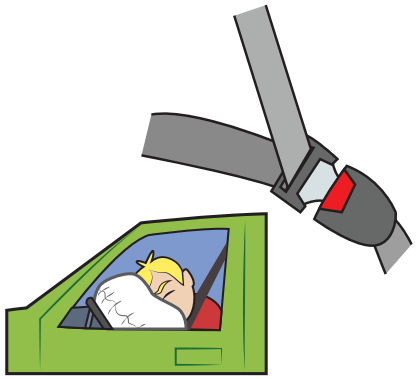
6. jyniru _____

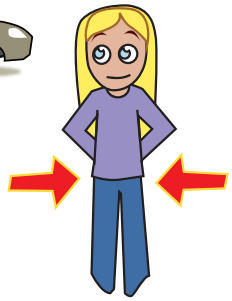
7. sotroeb _____

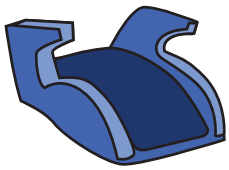
8. hretenti _____

9. ulcebk pu _____

10. fctarif _____







13

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

1. seat belt 2. airbag 3. crash 4. back seat 5. hips 6. injury 7. booster 8. thirteen 9. buckle up 10. traffic

BEAR MATCH UP

Ready? Safe? Go!

Find the bears that match. Draw a line to connect the matching bears and color them the same using a crayon or marker.

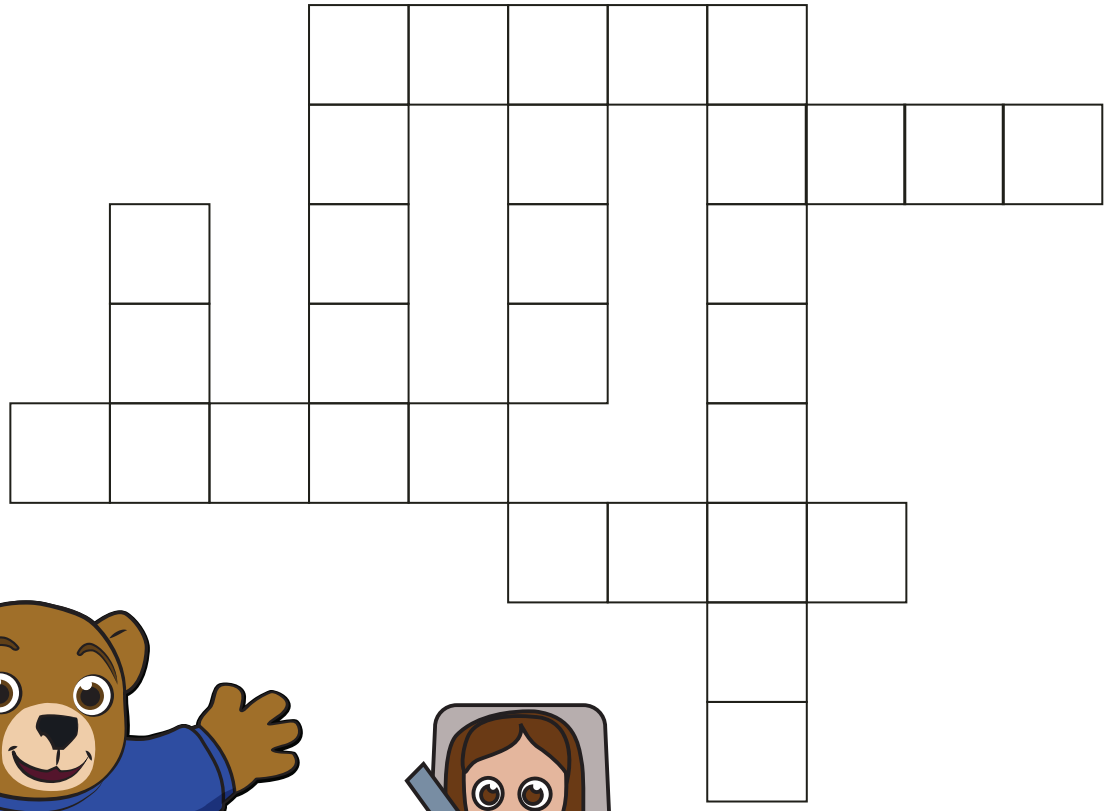
Buckle up in the back seat until 13 years of age.

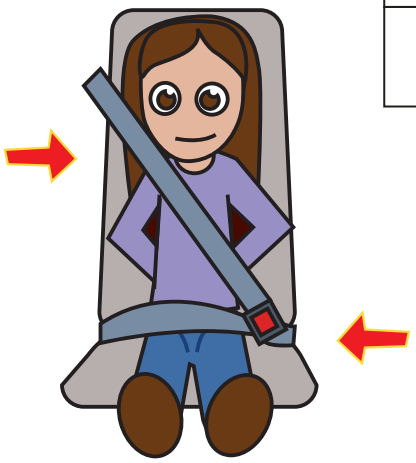
CRISS CROSS

Ready? Safe? Go!

Can you fit these words into the criss cross? Use a pencil so you can erase if you need to.

shoulder	bones	head	hip
spine	body	brain	neck





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

WORD SEARCH

Buckle up
Back seat
Survive
Crash
Air bags
Seat belt
Live
Law
Safe
Die
Passenger
Driver
Protection
Speed
Traffic
Police
Ticket
Booster
Injury

					R	E	V	I	R	D				
				E	E	A	P	A	D	W	I			
			I	V	G	A	P	S	A	N	H	D		
		T	V	I	N	E	O	L	F	N	U	E	T	
	O	A	S	V	E	T	L	E	B	T	A	E	S	G
Z	R	E	R	R	S	T	I	N	D	Q	K	P	G	O	H
S	A	S	O	U	S	S	C	G	O	C	B	S	Y	B	S
A	X	K	T	S	A	U	E	E	I	P	I	X	R	R	A
F	B	C	K	E	P	R	O	T	E	C	T	I	O	N	R
E	P	A	M	L	C	B	U	C	K	L	E	U	P	A	C
	T	B	Q	X	A	I	R	B	A	G	S	Z	X	E	
		Y	R	U	J	N	I	X	M	C	J	H	V		
			B	O	O	S	T	E	R	E	X	I			
				C	I	F	F	A	R	T	L				
						D	I	E	E						

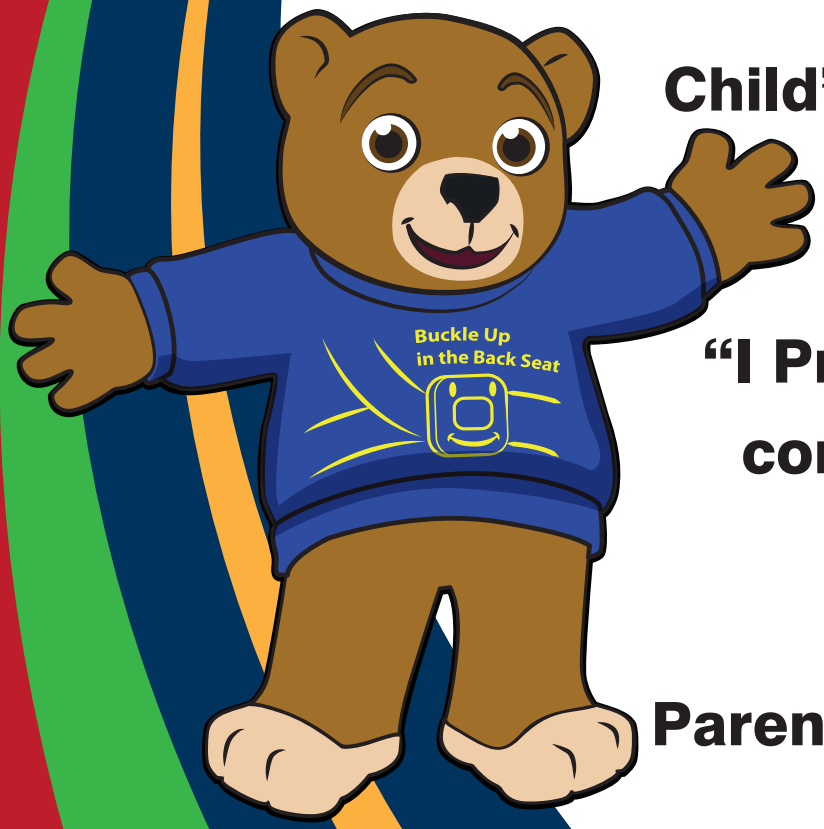
Buckle yourself and remind everyone else to buckle up too!

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.