

Knox Public Health

www.knoxhealth.com • 11660 Upper Gilchrist Rd., Mount Vernon, OH 43050 • 740-392-2200

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For more information, contact Elisa Frazee
740-392-2200 x2272 or efrazee@knoxhealth.com

Protect children with proper car seat use

Everyday, parents and caregivers in our community use car seats to transport children to and from their daily activities. However, many car seats are not installed correctly, which can be a critical factor if they are involved in a crash. According to the Centers for Disease Control and Prevention (CDC), injury due to transportation is the leading cause of death for children in the United States.

The National Highway Traffic Safety Administration (NHTSA) recommends that children be in a rear-facing car seat for as long as possible, at least until the child reaches the height or weight limit allowed for the specific car seat. The next step is transitioning to a forward-facing seat with a harness and using a tether if available. Once the child outgrows the forward-facing requirements, they must use a booster seat until the child is eight years old or 4'9" tall. All children under the age of 13 should always sit in the back seat of the car.

This week is recognized as Child Passenger Safety Week, which runs through Saturday (9/26). "The main goal this year is to remind our community of the importance of car seat safety," said Elisa Frazee, Car Seat Coordinator at Knox Public Health (KPH). "Even if you're just making a quick trip to the store, a small accident could cause injury to your child if they're not correctly in a car seat."

If you're unsure if your car seat is properly installed, local residents can schedule a free car seat check with a Child Passenger Safety Technician (CPST). There are three CPSTs on staff at KPH. With the Ohio Buckles Buckeyes program, KPH can provide car seats to income eligible families who are in need of child safety seats. Car seat availability is currently limited, however, parents and legal guardians can be put on the waiting list, and will be notified when more seats become available.

For more information on car seats, to schedule a car seat check, or to inquire about receiving a car seat, contact Elisa Frazee, Car Seat Coordinator with Knox Public Health, at 740-392-2200 ext. 2272 or efrazee@knoxhealth.com

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