How To Use a Car Seat Harness

What Is a Harness?
A car seat harness keeps a child properly restrained in the event of a crash and spreads crash forces across the strongest areas of the child’s body (hips and chest).

How Tight Should The Harness Be?
The harness should pass the ‘pinch test’: when pinching the harness webbing vertically at the shoulder with the thumb and forefinger, your fingers should slide off easily and you should not be able to pinch any webbing between them.

Where Do The Harness Straps Go?

<table>
<thead>
<tr>
<th>Rear-facing seats</th>
<th>Forward-facing seats</th>
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<tbody>
<tr>
<td>Straps should originate AT or BELOW the child’s shoulders</td>
<td>Straps should originate AT or ABOVE the child’s shoulders</td>
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Where Does the Chest Clip Go?
The chest clip should be placed at the child’s armpit level.

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