

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).



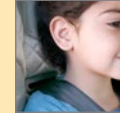
5-point adjustable harness

Where Do The Harness Straps Go?



Rear-facing seats

Straps should originate **AT or BELOW** the child's shoulders



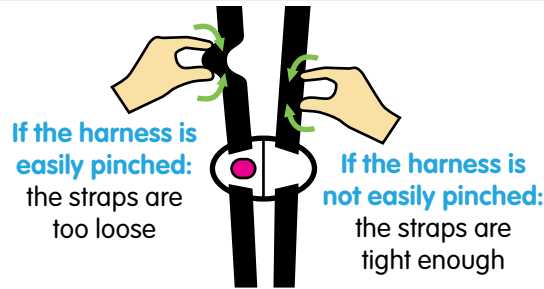
Forward-facing seats

Straps should originate **AT or ABOVE** the child's shoulders

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.

The harness should lie flat, and fit snugly (not uncomfortable) at the child's shoulders and hips.



Where Does the Chest Clip Go?

The chest clip should be placed at the child's armpit level.



U.S. Department of Transportation
National Highway Traffic Safety
Administration

[NHTSA.gov/therightseat](https://www.nhtsa.gov/therightseat)

