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## Child Seats

To protect your children be sure their seats are used properly too.

### Infants

- Infants up to 1 yr. or 20 lbs. should be in a rear facing seat and never in the front seat
- Harness straps should be at the infant's shoulders and should fit snugly
- Harness chest clip should be placed at the infant's armpit level
- Seat should be latched securely and snugly

### Children Under 40 Pounds

- Harness straps should be at or above child's shoulders.
- Harness straps should be threaded through the top slots, in most cases.
- Harness should be snug. Straps should lie in a relatively straight line without sagging.
- Harness chest clip should be at the child's armpit level, which help keep the harness straps positioned properly on the child's shoulders.

### Booster Seats

- For children up to 49 pounds or 8 years old
- Straps should fit snugly

Above all be sure your children are safe.

If you have any questions or would like to have your child's seat or your own seat checked just call Dr. Bill Gallagher, DC at 480-513-3909.

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# Is Your Car Seat Safe?



**Dr. Bill Gallagher, DC**  
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## Car Seating Safety Features

Thanks to people like Ralph Nader cars and car seating are much safer today.

Each year one million Americans suffer whiplash injuries. Many of these could be prevented or at least lessened by proper use of the safety equipment already built into their cars.

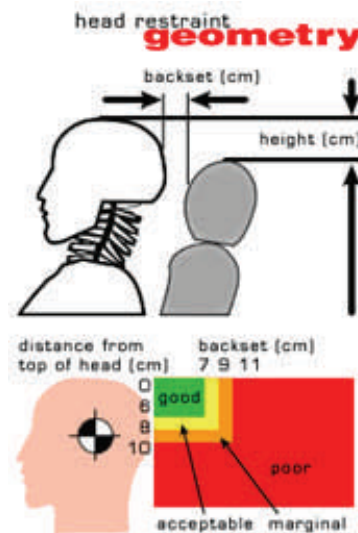
- Drivers in cars with head restraints rated good are 24 percent less likely to suffer neck injuries in rear-end crashes than drivers with head restraints rated poor.
- Percentages of drivers with neck injuries ranged from 22 percent of those with good head restraints to 27 percent of those with poor head restraints.
- Female drivers have higher neck injury rates overall than male drivers -- 30 percent versus 23 percent.
- Neck injury likelihood was 36 percent lower among female drivers with good head restraints than among females with poor restraints.
- Among male drivers, the risk reduction was 10 percent with good head restraints.
- Drivers 65 and older have lower neck injury rates overall than younger drivers -- 13 percent versus 27 percent among drivers 50 to 64 years old and 33 percent among drivers 49 and younger.

How would you rate with your car seat and

## How to Properly Adjust Your Headrest

A well fitted seat and headrest can help to reduce or eliminate the extent of your injuries in an accident.

- Be sure that the center of the back of your head is in line with the center of the headrest
- The back of your head should be 2-3 inches from the headrest. An extra 2 inches of space can increase the force exerted on your head by 300%
- The top of the headrest should be about 3.5 inches above the top of your head
- A higher headrest is better than a lower one. If it is too low it can act as a fulcrum on your neck and greatly increase the damage.



## How to Properly Adjust Your Seat

The first concern in setting your seat is comfort. Even so there are things to consider that will make driving a safer experience.

- The back of the seat should be upright just like the chairs in your home.
- You should be able to reach the steering wheel with your elbows slightly bent.
- Your shoulders should be relaxed and able to drop without any effort.
- The seat should be forward enough so that you can reach the pedals without shifting your body.
- The lumbar support should make it more comfortable to let your shoulders lay back

## What To Do After An Accident

If you are in an accident be sure to get your neck checked right away. Don't be fooled into thinking that you are OK, because most of the symptoms associated with whiplash do not show up right away.

Dr Bill Gallagher, DC has treated patients with whiplash injuries for 15 years using Directional Non-Force Technique™ the original low force chiropractic technique. Your case can be accepted with no out of pocket expense to you.

To set up an appointment and avoid a lifetime of problems call 480-513-3909.