

## The 5 step test for travelling safely in a seatbelt

Seatbelts are designed to protect vehicle occupants in a crash. To find out if a child is ready to travel in a vehicle seatbelt, follow these five steps for each vehicle the child travels in.



### Step 1

Can the child sit with their back firmly against the seat back?



### Step 4

Is the lap belt sitting low across the top of their thighs?



### Step 2

Do their knees bend comfortably over the front of the seat?



### Step 5

Can they stay seated like this for the whole trip? Do they need additional postural or other supports to travel safely and comfortably?



### Step 3

Does the sash belt sit across the middle of their shoulder?

MACA recommends that children's motor vehicle transport needs be assessed by a MACA trained allied health professional.