It has been proven again and again: Wearing seat belts saves lives. According to the National Highway Traffic Safety Administration, the use of seat belts reduces and prevents the risk of serious injury or death of vehicle occupants. Follow these tips for obeying the law and for keeping yourself and your passengers safe while on the road.

**Buckle up, it’s the law!**

Connecticut seat belt law requires that all drivers and front seat passengers wear seat belts; children between the ages of 6 and 16 must use seat belts in any seat. Any person who transports a child under the age of six and weighing less than 60 pounds must provide a child restraint system that meets the applicable Federal Motor Vehicle Safety standards. The driver is responsible for any passengers under the age of 16 years. Most car manufacturers warn against placing young children in front seats. Refer to your vehicle’s owner’s manual for warnings.

Violating any of the seat belt laws leaves drivers and adult passengers subject to fine and/or requires drivers to attend a car seat education class.

**For adults**
- Always wear your lap and shoulder belt safely. Seat belts help keep you away from deploying air bags in the event of an accident.
- Show your children that you buckle up. If you buckle up, so will your children.
- Keep as much distance between you and the steering wheel as is practical to operate the vehicle.
- All front seat passengers are required by law to wear seat belts.
- All back seat passengers should wear seat belts.

**For children in car seats:**
- All car seats need a tight fit. Install according to both the child safety seat manual and the vehicle manual.
- State law requires children up to age six or weighing 60 pounds to be restrained in an approved car seat or booster seat.
- Use rear-facing infant seats for infants up to one year old and weighing up to 20 pounds. Use in the back seat only.
- For children 20-40 pounds, use a front-facing convertible or high back booster seat with harness.
- Belt-positioning booster seats should be used for children up to six years old and up to 60 pounds.

*Compliments of:*
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