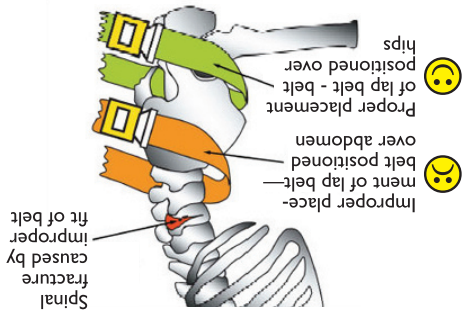


- Lifts the child up and into the adult seat belt
- Places the lap belt low across the hip bones touching the thighs
- Positions the shoulder belt across the center of the shoulder and chest

**GOOD BOOSTER SEAT FIT**



**Weight x speed = crash force**  
 A 60 lb child at 10 mph = 600 lbs of force against the safety belt.

This force is akin to crushing a Twinkie® between two fingers. The skin remains whole but the inside is never quite the same again.



**Twinkie® Physics**

A child is whole within their skin. This is like a Twinkie® snack cake in its cellophane wrapper. Unfortunately many parents allow their child to sit in a vehicle secured by only the safety belt. They do this because they think the law allows it, because the parent is "ready" for the child to get out of the child restraint, and because the child no longer wants to use a child restraint.



## When is a child ready to ride using a seat belt?

### Seat Belts Can Be Used When Children Can:

- Sit with their backs and hips against the vehicle seat back and sit without slouching
- Bend their knees easily over the front edge of the seat and feet stay flat on the floor
- Safely wear the seat belt:
  - Lap belt low and snug across the hips
  - Shoulder belt across mid-chest and shoulder
- Use properly adjusted vehicle head restraint
- Stay in position for the entire ride

(National Child Passenger Safety Certification Training)

## Let's Talk Twinkie® Physics



**Weight x Speed = Crash Force**



An educational resource created by the Washington State Safety Restraint Coalition  
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