



HASTINGS COUNCIL  
EXECUTIVE SERVICES  
MEDIA RELEASE

**Check the Child Restraint - Before Packing the Car!**

Thursday 23 December, 2004

Hastings Council Road Safety Officer, Karen Thompson is urging families to check that their vehicle car seats and child restraints are secure and well fitted, before heading off on summer holidays.

Ms Thompson believes that education campaigns like "*click clack front and back*" have had a big impact on making it common practice to buckle up, but she stresses the importance of making sure that restraint devices are correctly fitted.

"It has been proven beyond doubt that seat belts and child restraints save lives and most people have changed their behaviour because of this fact. But to ensure complete safety the restraint has to be securely fitted and straps or buckles at the right tension.

"Research has shown that children in correctly installed restraints have survived crashes where adults have been killed," said Ms Thompson.

Seat belts save lives by stopping the impact of passengers colliding with the hard interior of the car or being thrown from the vehicle. They also help reduce serious injury by spreading the forces of the impact across a larger proportion of the body so that in a crash the seat belt spreads the forces over the strong bones of the hips and chest.

Ms Thompson continued "Without a seat belt, the force of the impact is concentrated on the part of the body that hits first which sadly is often the head."

The Hastings has two authorised restraint fitting stations; Mid Coast Motorsafe Pty Ltd, phone 6581 3800 and John Donlan Smash Repairs phone 6581 0981.

**- ENDS -**

**Further Information Contact:: Karen Thompson, Road Safety Officer, Hastings Council on 6581 8656 or mobile 0438 818 090.**

*For Additional information on child restraints contact the RTA on 1800 042 865 or visit their website [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)*

**Executive Services, Hastings Council**

**If you do not receive the complete message telephone ☎ (02) 6581 8111**