

seat belts

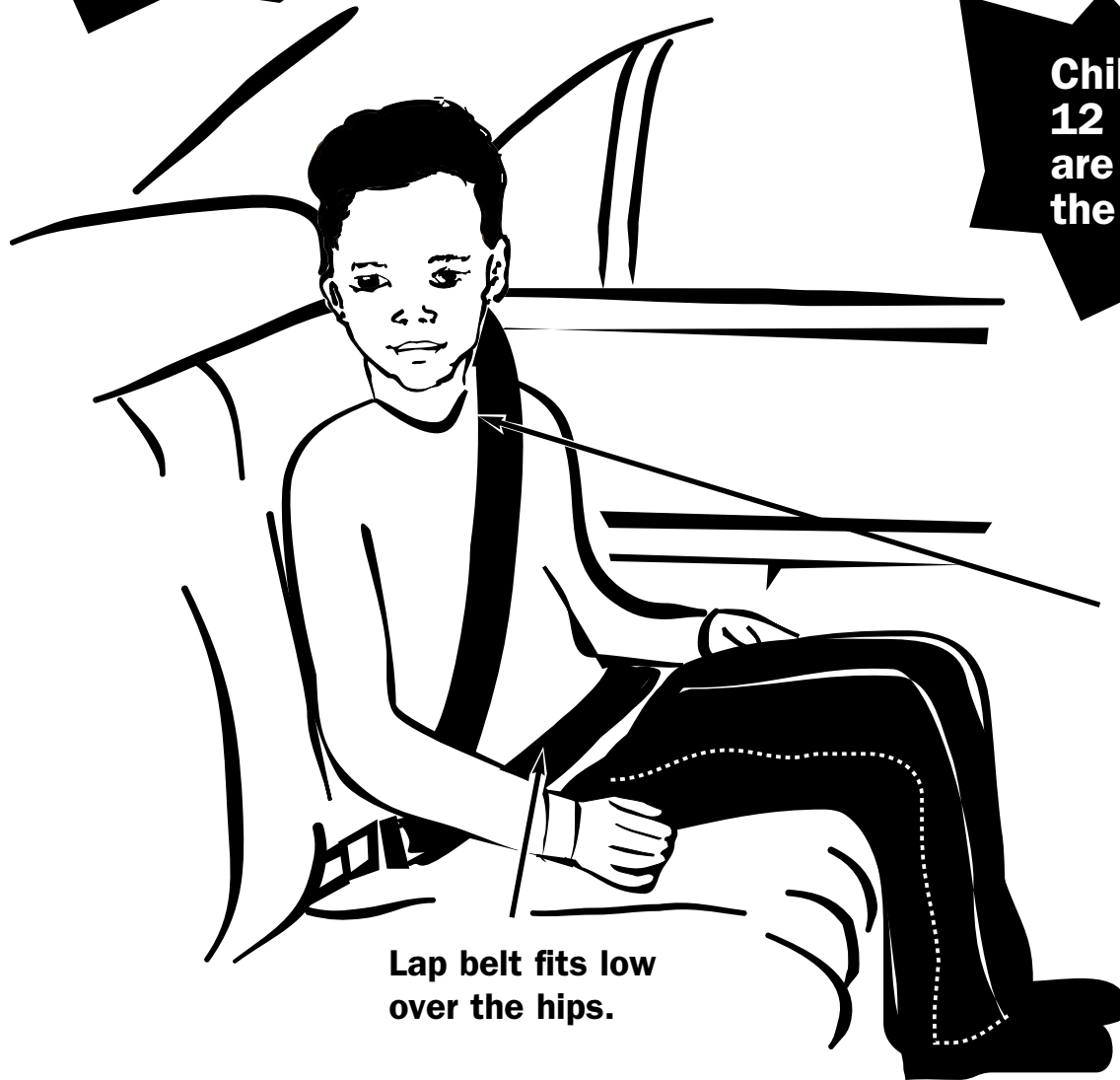
Everyone must always wear seat belts. It is the law in Alberta.

Most children are ready for seat belts when they reach

80 pounds (18 kilograms) or 8 years of age.

Seat belts keep teens and adults safe too.

Children ages 12 and under are safest in the back seat!



Shoulder belt fits between the neck and shoulders.

Lap belt fits low over the hips.

If you need help, you can talk with a nurse at a health centre or call:

Calgary Health Link at **(403) 943-LINK (5465)**

Capital Health Link at **(780) 408-LINK (5465)**

Toll-free in Alberta **1-866-408-LINK (5465)**