



Child Restraints Guide

Department of Transport and Main Roads



About this book



This book is about **child restraint** rules and how to use them safely.



Child restraints are seats with straps that keep children safe when travelling in cars.



If you do not follow the rules you can get **penalties**.



Penalties are

- **money you have to pay**
- **demerit points you get**

Which child restraint should I use?



Children need different child restraints as they grow.



You must use child restraints that meet **Australian Standards**.



Australian Standards show child restraints are tested and safe to use.

Infant carriers



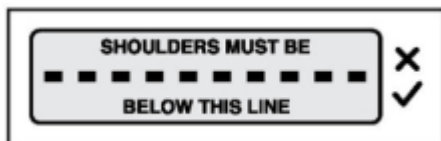
An infant carrier is a type of restraint that faces the back of the car.



It can click in and out of a base that stays in the car.



Babies **0 to 6 months** old must sit in a child restraint that faces the back of the car.



Babies should stay in this restraint until their shoulders are above the maximum height marker.

Rear facing restraints



A regular rear facing restraint faces the back of the car, and stays in the car.



Babies **0 to 6 months** old must sit in a child restraint that faces the back of the car.



Babies should stay in this restraint until their shoulders are above the maximum height marker.



Babies are more safe in a rear facing restraint until they are around **2 years old**.

Forward facing restraints



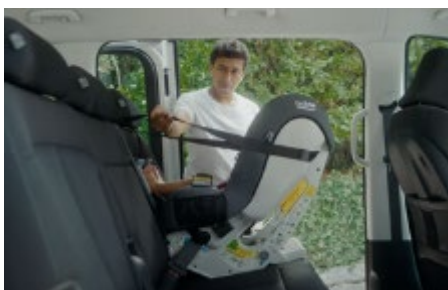
A forward facing restraint faces the front of the car.



A forward facing restraint has a harness that goes across the chest.



A child can use a forward-facing restraint with harness from **6 months to 4 years old.**



Remember that children are more safe in a rear facing restraint until they are around **2 years old.**

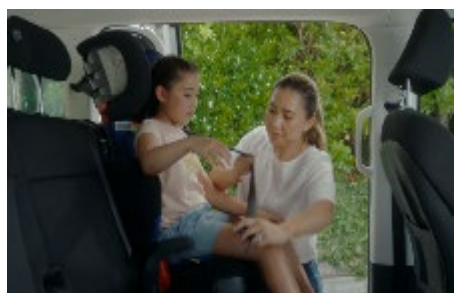
Booster seats



A booster seat raises the child up so they can use the adult seat belt.



Children **from 4 years old** can sit in a **booster seat** that faces the front of the car.



If you use a booster seat you must use an adult seatbelt that goes across their lap and shoulder.



Remember that children are more safe in a forward facing restraint with chest harness until their shoulders are above the maximum height marker.

When can a child use a normal seat?



Children **from 7 years old** can sit in a normal car seat with an adult seatbelt that fits across their lap and shoulder.



Children are more safe if they remain in their booster seat until their shoulders are above the maximum height markers.



Most children are not big enough to use an adult seatbelt safely until they are around **11 or 12 years old**.



You can watch a video to test if your child is big enough by visiting

[https://streetsmarts.initiatives.qld.gov
.au/parents/child-restraint](https://streetsmarts.initiatives.qld.gov.au/parents/child-restraint)

When can a child sit in the next size child restraint?



All restraints have shoulder height markers on them.



Children should stay in their child restraint until their shoulders are above the maximum height marker.



If you are not sure you can ask for help.



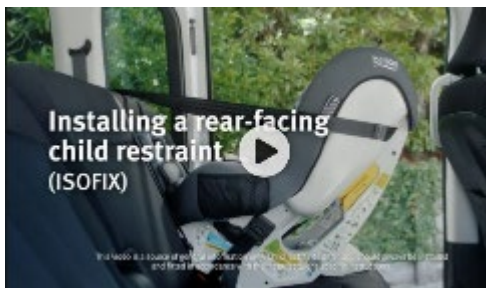
Contact details are at the end of this book.

How to put a child restraint in your car

To put a child restraint in your car you can



- follow the child restraint and car manual instructions



- watch a video at <https://streetsmarts.initiatives.qld.gov.au/parents/child-restraint>

Or pay someone to put it in your car such as



- a local business



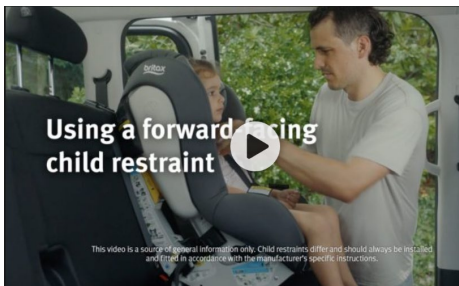
- Kidsafe Queensland

How to put a child into a child restraint

To put a child into a child restraint you can



- follow the child restraint and car manual instructions



- watch a video at <https://streetsmarts.initiatives.qld.gov.au/parents/child-restraint>



- or talk to Kidsafe Queensland for help

Safety information



Do **NOT** use a child restraint that has been in a car crash.



You **should NOT** use a child restraint that is over 10 years old.



You **should NOT** use a child restraint that is broken.



You can use a child restraint you buy overseas if it meets Australian Standards.

Used child restraints

You can use a used child restraint if it is in good condition and



- meets Australian Standards



- is less than ten years old



If you have a used child restraint you must follow the instructions to use it safely.



It is better if you know and trust the person who used the child restraint before you.

When are child restraints NOT needed?

You do NOT need a child restraint when you use



- public transport



- or hire cars, taxis or rideshare

- or you have an **exemption**



An exemption is when your doctor says your child does not need a child restraint.

How to get an exemption

You can get an exemption from using a child restraint if your child has a



- medical condition
- or disability



You will need to contact us about your exemption.



You will need to show us your exemption.



We will need to agree on your exemption.

What if I don't use a child restraint



If you don't follow the child restraints rules you can get a penalty from police.



If you get a penalty you will

- have to pay \$1161*
- get 4 **demerit points**



Demerit points are bad and are added to your driver licence.



If you get too many demerit points you **will have to wait to drive again.**

More information



You can contact **Kidsafe Queensland** for

- more information
- assistance
- to hire or install a child restraint.



Call Kidsafe Queensland on

(07) 3854 1829



Visit **kidsafeqld.com.au**

How you can contact us



Call us

13 23 80



Our website

www.tmr.qld.gov.au/Contact-us



Go to a Customer Service Centre

This website shows where to find one
qld.gov.au/transport/contacts/centres

If you need an interpreter



The **Translating and Interpreting Service** can help you talk to someone in your language.

Call **13 14 50**

Ask them to call us **13 23 80**



The **National Relay Service** can help you if you are hard of hearing or deaf

Voice Relay number **1300 555 727**

TTY number **133 677**

SMS relay number **0423 677 767**

Then ask them to call us **13 23 80**