### Mayo Clinic Minute

**Tips to properly install kid car seats**

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| Kim Lombard (00:30)  
Injury Prevention Coordinator  
Mayo Clinic | “There are two methods for installing car seats. We can either use the seatbelt system that comes in the vehicle, or we can use a system that’s called latch, which is a system of hooks and anchors.” |
| Vivien Williams  
VO: Installation to car/car seat manuals | Always refer to the car seat instructions and vehicle manufacturer’s instructions for weight limits, proper use and installation. |
| Kim Lombard (3:05) | “You should be able to get that seat tight enough where it does not move more than an inch left to right or front to back.” |
| Vivien Williams  
VO: car seat etc. | Check angles to make sure the seat is angled properly. |
| Kim Lombard (00:31) | “Car seats have a five-point harness, which means that we’re having protection with that child at the child’s shoulders, their hipbones and their pelvic bone.” |
| Vivien Williams  
VO: Car seat installation, checking of harness | If you can pinch any webbing, the harness is too loose, and a child could be thrown from the seat in a crash. |
| Vivien Williams  
VO: Car seat installation | Keep kids rear-facing as long as possible, according to the car seat’s height and weight requirements. |
| □ | For the Mayo Clinic News Network, I’m Vivien Williams. □ |