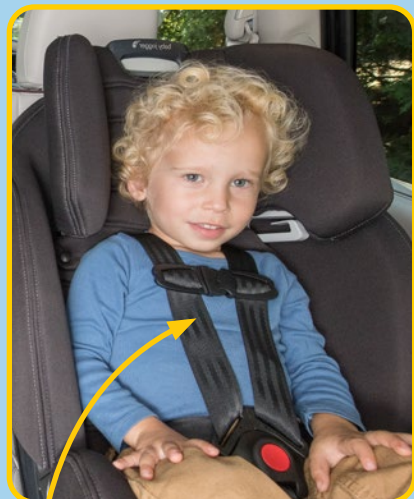


# How To Use a Car Seat Harness



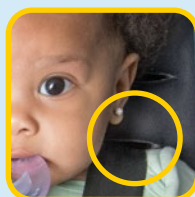
## What Is a Harness?

A car seat harness keeps a child correctly restrained in the event of a crash and spreads crash forces across the strongest areas of the child's body (hips and chest).



5-point adjustable harness

## Where Do the Harness Straps Go?



### Rear-Facing Seats

Shoulder harness webbing  
**AT** or **BELOW**  
the child's shoulders



### Forward-Facing Seats

Shoulder harness webbing  
**AT** or **ABOVE**  
the child's shoulders

## Where Does the Chest Clip Go?

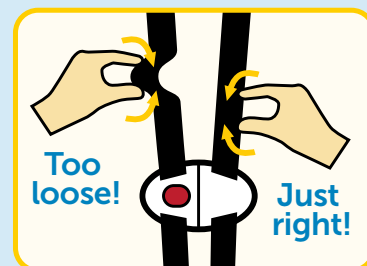
The chest clip should be placed at the child's armpit level.



## How Tight Should the Harness Be?

The harness should pass the 'pinch test': when pinching the harness webbing vertically at the shoulder with the thumb and forefinger, your fingers should slide off easily and you should **not** be able to pinch any webbing between them.

The harness should lie flat and fit snugly at the child's shoulders and hips.



U.S. Department of Transportation  
National Highway Traffic Safety  
Administration



[NHTSA.gov/TheRightSeat](https://www.nhtsa.gov/TheRightSeat)



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