

THE SCOTTISH GOOD EGG GUIDE TO IN-CAR

ChildSafety

- Child-restraint systems
- Safe seats
- Options available
- The law



**Introduction: Sir
Arnold Clark,
speaking as a
proud
great-grandfather**



Is your child sitting safely?

I am delighted that Arnold Clark Automobiles is supporting the in-car child safety initiative. I am and always have been passionate about cars. I spend most of my working day on the road in my car and consider road, car and passenger safety to be of paramount importance to all road users.

As an employer of over 8,000 employees, a father and a great-grandfather, I am very conscious that children should be safe when they are travelling in a car. Such is my concern, Arnold Clark Automobiles has been sponsoring this initiative for over nine years and, during this period,

the in-car child safety initiative has seen a significant reduction in child casualties. However, this does not mean that we can be complacent, as child seats are still being fitted incorrectly, resulting in child casualties on the roads.

The aim of the campaign is simple; to increase in-car child safety and reduce the number of child casualties caused in road traffic collisions.

This booklet is an excellent guide and highlights areas where we could all improve on in-car child safety; it offers good sound practical advice about buying, choosing and fitting a car seat. It is a must for all parents, grandparents and great-grandparents.

A handwritten signature in black ink that reads "Arnold Clark". The signature is written in a cursive style.

Sir Arnold Clark
Chairman and Chief Executive
Arnold Clark Automobiles

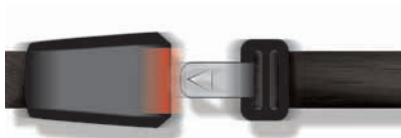
Welcome

Recent campaigns across Scotland have highlighted that many child car seats are incorrectly fitted and too many children are not restrained at all.

And yet, if correctly restrained when travelling by car, a child is far less likely to be killed in a collision.

This guide aims to highlight the importance of correctly fitted child restraints and give guidance on how to find the best seat for your child's height, weight and size.

It also outlines your responsibilities and how to keep on the right side of the law.



We hope you find it useful and that it helps you keep your child / children safe.



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Section 1

Did you know:



An unrestrained child can be killed in an impact at speeds as low as 5mph



If properly restrained, a child is three times less likely to sustain a head injury in a collision than an unrestrained child¹



In a collision at 30mph, an unrestrained child would hit the front seat – and anyone in it – with a force of between 30 to 60 times his/her own body weight²

1 Source: Transport Research Laboratory April 1996

2 Source: Think! Advice –seat belts & child restraints 2010

Why is this called the Good Egg Guide?

We call this the 'Good Egg' guide because children are fragile, and no matter how much we love them, we can sometimes let them down.

By not understanding the importance of them being properly restrained in a correctly-fitted child car seat or seatbelt, we could be responsible for the last thing we would ever want for them – serious injury or even death.

This guide is here to help you, outlining several key steps towards protecting your child:



Step 1 Find out how to help prevent your child being killed or injured

Step 2 Be confident when you buy a child car seat and know the right questions to ask

Step 3 Understand the law

We will also show you where you can find further free advice and help.

Please do it for the sake of your child.



Child seats should fit the child AND the car – use the correct seat for the right vehicle.