

# Badqabka Kursiga Gaariga

## Car Seat Safety

Car crashes are a top cause of death and serious injury for children. Using a car or booster seat the right way can save your child's life.

In the United States, there are laws that require car seat and booster seat use with children. Check your state's law. When you are traveling with children, follow the laws of the state in which you are driving.

Included are some general rules, but there is more to know. Always read and follow the instructions in your car seat manual.

### Choosing a Seat

There are different kinds of seats to choose from. Knowing which seat to use and when to change to another can be hard. There are often experts in your community that can help and many have interpreters if you need one.

If your baby is premature or your child has special needs, talk to your doctor about the safest way to travel with your child.

Burburka gawaariga ayaa ah waxa sababa dhimashada ugu badan iyo inay carruurta la kulmaan dhaawac halis ah. Adeegsashada kursiga gaariga ama suunka gaariga isla markiiba ayaa ah habka ugu wanaagsan ee ilmaha lagu badbaadin karo.

Maraykanka, waxaa jira sharci dhigaaya in ilmaha lagu xiro suunka gaariga ama kursiga gaariga. Fiiri sharciga gobalkaaga. Marka aad la socdaalayso carruur, raac sharciga gobalka aad markaas mareyso.

Oo ay kujiraan qaar sharciyada guud, laakiin waxaa jira waxyaabo badan oo ay tahay inaad oggaato. Mar kasta akhri raacna tilmaamaha ku salaysan kursiga gaarigaaga.

### Doorashada Kursiga

Waxaa jira noocyo kaladuwan oo kuraasta aad dooran karto ah: Inaad oggaato kursiga aad dooranayso iyo waqtiga ay tahay inaad badelato ayaa ah wax adag. Badanaa waxaa jira khabiir bulshada katirsan oo ku caawin kara kuwo badana waxay leeyihiin turjumaano haddii aad u baahan tahay.

Haddii ilmahaagu yahay dhicis ama cunugaagu leeyahay baahiyo gaar ah, kala hadal dhaqtarkaaga badqabka socdaalka ee ilmahaaga.

## General Rules for Seat Use

### Rear-facing Car Seat

- Babies under 1 year of age MUST ride rear facing. Stay rear facing until at least age 2, unless your child is above the height or weight limit of the car seat.
- Keep your baby rear-facing for as long as possible. Rear-facing is safest.

### Front-facing Car Seat

- If your child is above the height or weight limit for your rear facing seat, switch to a front facing seat.
- Use the front facing seat as long as you can, then switch to a booster seat when your child's height or weight is above the seat's limits.

### Booster Seat

- Use a booster seat until:
  - Child's back and bottom are flat against seat of car.
  - Shoulder belt fits across the middle of the shoulder and chest.
  - Lap belt fits low across the hips.
  - Knees bend at the edge of the vehicle's seat.
  - Can sit with feet on the vehicle's floor for the whole ride.

## Sharciyada Guud ee Adeegsashada Kursiga

### Kursiga Gaariga ee Gadaal loo siijeediyo ee ilmaha

- Caruurta kayar 1 sano waxaa QASAB ah in la saaro kursiga dambe ee gadaal loo jeediyo ee ilmaha. Ilmaha ku wad kursiga gaariga ee dambe gadaal loo siijeediyo illaa uu ka gaaraayo 2 sano, illaa cunugaaga dhaafo dheeraka iyo culeyska kursiga gaariga mahee.
- Ku wad cunugaaga kursiga gaariga ee danbe ee gadaal loo siijeediyo inta ugu dheer ee macquulka ah. Kursiga danbe ee gaariga gadaal usii jeeda looguna talagalay ilmaha waa ammaan.

### Kursiga Gaariga ee Horey loo soojeediyo ee ilmaha

- Haddii ilmahaagu ka waynaayo cabir ama dheerar xadidka kursiga Kursiga Gaariga ee Gadaal loo soojeediyo ee ilmaha, u badel Kursiga Gaariga ee Horey loo soojeediyo ee ilmaha.
- Isticmaal kursiga ilmaha ee horey usoo jeeda inta ugu dheer ee aad awoodo, kadibna u badelo kursiga ilmaha ee gaariga la saaro marka dheerarka iyo culeyska ilmahaagu dhaafo xadidka kursiga.

### Kursiga Ilmaha ee gaariga lagu rakibo

- Isticmaal kursiga ilmaha ee gaariga la saaro:
  - Dhabarka iyo dabada ilmaha waxay ku dhesan yihiin geesaha kursiga gaariga.
  - Suunka garbaha waxay la;eg yihii dhexda garmaha iyo xabadka.
  - Suunka badqabka waxa uu maraa bowdada.
  - Lowyaha waxay kusoo laamaan gudaha kursiga gaariga.
  - Waxaad fariinsan kartaa sagxada gaariga inta gaariga socdo oo dhan.

## Safety Tips

### Riding in Back is Best

- The back seat is the safest place for children under 12 years to ride.
- Never place a child in the front seat of a car or truck that has a passenger air bag.
- If a child is old enough to use an adult seat belt and must ride in the front seat, use a lap and shoulder seat belt the right way and move the front seat as far back as you can from the dashboard.

### Car Seat Tips

- Not all car seats fit in all vehicles. When installed the right way, the car seat should not move more than one inch from side to side.
- Attend a car seat safety check in your community. These may be offered by your local health department.
- Harness straps come over the shoulders and fasten in two places - over the chest and between the legs. You must fasten both!
- For small babies, a rolled up baby blanket can be placed on either side of the head or the body for support. **Do not** place anything behind the baby's back or under the baby.
- Coats, snow suits or bulky clothing should not be worn under the car seat harness. Tuck a blanket over your baby after they are strapped in, if needed.

## Tilmaamaha badbaadada ah

### Inaad gaariga gadaal ka fuusho ayaa ah Habka ugu Wanaagsan

- Kursiga gadaale waa habka ugu ammaansan carruurta kayar 12 sano si ay u raacaan gaari.
- Ilmo ha saarin kursiga hore ee gaariga ama taraaga oo leh bacda dadka badbaadisa.
- Haddii cunugu uu wayn yahay uuna isticmaali karo suunka dadka waawayn ayna qasab tahay inuu raaco kursiga hore, isticmaal suunka garbaha iyo qaybta dambe isla markiiba iskunaday inaad kabarka kursiga hore ka durugtid sida ugu macquulsan.

### Tilmaamaha Badqabka Kursiga Gaariga

- Kuraasta gawaariga oo dhan kuma habboona baabuurta. Marja si fiican loo la kibo, kursiga gaariga waa inuusan dhaafin wax ka dheer hal inji oo jeesaha ah.
- Xaadir barashada hubinta kursiga gaariga ee xaafadaada. Kuwaas waxaa bixin kara waaxda caafimaadka.
- Xargaha suunka waxaa lagu xiraa garbaha waxayna ku xirmaan labo meelood - korka xabadka iyo inta u dhaxeysa lugaha. Waa qasab inaad labadaba adkeyso!
- Carruurta yaryar, bustaha lagu duubo ayaa lagu qaban karaa labadaba qayba madaxa ama jirka. **Ha** saaran wax ilmaha dhabarkiisa ama gudaha ilmaha.
- Koodhahka, suufka barafka, dharka waawayn waa inaan lagu xiran suunka gaariga. Buste korka kasaar ilmahaaga marka kursiga lagu xiro, haddii loo baahdo.

- Baby's head may naturally turn to the side, but should not fall forward (chin on chest).
- Place something in the back seat that you need near the baby, so you don't forget to take baby out, especially when your routine is different.
- Cunugu waa inuu madaxiisa si caadi ah u wareejin karo, laakiin waa inuusan hoos ugu soo dhicin (garkiisa dhanka xabadka).
- Wax aad u baahan tahay dhih kursiga gadaale ee u dhaw kursiga ilmahaaga, si aadan u ilaawin inaad qaadato ilmaha, gaar ahaan marka jadwalkaagu uu badelan yahay.

### **Booster Seat Tips**

- Booster seats use the vehicle's adult seat belt instead of the harness straps to secure the child. The seat belt should fit low and over the hips and thighs.
- The shoulder belt crosses the center of the child's shoulder and stretched across the chest. It should not cross in front of the face or neck.
- Do not let your child put the vehicle's shoulder belt behind them or under their arms.

### **Help Installing Your Car Seat**

- Contact your local health department. Many offer help with buying and installing car seats.
- Contact your local hospital. Many offer help to correctly install and use car seats.

### **Tilmaamaha Badqabka Kursiga Gaariga la saaro ee Ilmaha**

- Kursida ilmaha ee gaariga la saaro waxay isticmaalaan suunka kursiga dadka waawayn si ilmaha loogu badbaadiyo. Suunka kursiga waa inuu le'eg yahay uuna qabtaa bowdada iyo cinbirka.
- Suunka garbaha waxa uu maraa dhexda garbaxa ilmaha waxa uuna ku fidaa guud ahaan xabadka. Waa inuusan marin wajiga ama qoorta.
- Ha u oggolaan ilmahaagu inuu suunka garbaha geliyo gadaal ama hoosta gacmaha.

### **Caawimaada Rakibida Suunka Gaarigaaga**

- La xiriir waaxda caafimaadkaaga. Dad badan waxay bixiyaan caawimaada rakibida marka aad ka gadato.
- La xiriir isbitaalkaaga maxaliga ah. Dad badan waxay bixiyaan caawimaada si sax ah u rakibida kursiga iyo sida loo isticmaalo.

© 2005 - March 10, 2021, Health Information Translations.

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.