

Check car seats for child's safety

Question: I was recently in a car accident with my children sitting in the backseat. My children were jolted even with the safety harness on. Could my children have suffered injuries? Could I have prevented the injuries?

Answer: Car seat safety is a priority issue in the present state of society. Children are being transported to school, sporting events, music, ballet, and pretty much everywhere on a daily basis. Children spend hours in vehicles daily. Safety is imperative whether you are a cautious driver or not. It is usually the other guy that creates the accident.

According to Stephanie Tombrello, executive director of Safety Belt Safe USA, "If after you've tightened your child into his or her car seat, you can still pinch the fabric of the harness straps between your fingers, the harness is too loose."

The danger posed on a child with a loose harness is that he or she can easily come out of their car seat in a crash. The child could then be severely injured if he hits part of the car's interior or another passenger. The worst case scenario; the child is ejected from the vehicle altogether.

The majority of fender benders do not eject the child out of their seat. The child can be jolted forward then backward rapidly creating a whiplash phenomenon. Many adults do not consider the child in a motor vehicle accident. If the adult suffered a whiplash injury in the accident then the odds are very high that the children did also. All children of all ages should be checked by a chiropractor immediately after auto accidents. Many symptoms do not appear right away. A chiropractor can detect and help correct injuries sustained to your child in an auto accident. The sooner you bring them in the less chance of irritation and scar tissue development.

To avoid injury to your children tighten the harness straps-so they are snug and have no slack. In the case of an accident, get to your family chiropractor as soon as possible.

Quote of the week: "It is a funny thing about life; if you refuse to accept anything but the best, you very often get it." - Somerset Maugham