



Louisiana Highway Safety Commission News Release **Sept. 21, 2026**

Seat Check Saturday helps Louisiana children stay safe in cars

Sept. 21, 2026 – Parents and child caregivers can get expert car seat installation help for free on Saturday morning at nine locations across Louisiana during National Seat Check Saturday.

Car crashes are a leading cause of death for children 14 and under in the U.S., and many of those deaths could have been avoided had the children been properly restrained in an appropriate car seat. The Louisiana Highway Safety Commission recognizes Child Passenger Safety Week, which culminates in Seat Check Saturday, as an important time to educate parents and caregivers on the importance of making sure children are properly restrained in motor vehicles.

“Seat Check Saturday is a great opportunity to ensure your child is in the right seat for his or her age and size,” LHSC Executive Director Lisa Freeman said. “Expert technicians will be on hand to help caregivers with proper installation of their seats.”

Freeman encourages parents and caregivers to read the instructions on a car seat before installing it, and to register the car seat with the manufacturer. This is important in case recalls are issued for the car seat.

Adults should not rush children to the next seat or position. Keeping children in the right seat as long as possible gives them the best chance of escaping injury in a crash.

“Many parents do not realize that all children younger than 13 must ride in the back seat with the appropriate passenger restraint,” Freeman said. “This is part of the Louisiana car seat law, which has been touted by experts as the best law in the country.”

Seat Check Saturday is sponsored by LHSC and the Louisiana Passenger Safety Task Force. The events will take place at each location from 9 a.m. to noon.

The locations for the event are:

- Gordon McKernan Injury Attorneys, 5656 Hilton Ave., Baton Rouge, LA 70808
- St. John Parish Sheriff's Office, 1801 W. Airline Highway, LaPlace, LA 70068
- Lake Charles Fire Department, 4200 Kirkman St., Lake Charles, LA 70607
- Willis Knighton North Campus, 2701 Catherine St., Shreveport, LA 71109
- Walmart Supercenter, 2428 W. Pinhook Road, Lafayette, LA 70508
- Monroe Fire Department, Public Safety Center, 1810 Martin Luther King Drive, Monroe, LA 71202
- Rapides Regional Medical Center, Medical Terrace Entrance, 211 Fourth St., Alexandria, LA 71301
- St. Tammany Health Systems, Parenting Center, 21404 Koop Drive, Mandeville, LA 70471

- Ochsner St. Anne Hospital, 4608 Highway 1, Raceland, LA 70394

Louisiana Child Passenger Safety Law

Age/Size	Restraint Use
Birth to at least 2 years old	Ride rear facing in an infant or convertible child safety seat
At least 2 years old and has outgrown the rear facing seat by height or weight	Ride in a forward-facing child safety seat with an internal harness
4 years old and has outgrown the forward-facing seat with internal harness by height or weight	Ride restrained in a belt positioning child booster seat using a lap shoulder seat belt
9 years old or has outgrown the booster seat and can pass the 5 Step Test	Ride restrained with a lap shoulder seat belt secured correctly on the vehicle seat
Younger than 13 years old	Ride in the rear seat of a vehicle, when available and properly restrained

A child who can be placed in more than one category shall use the more protective category.

Child safety seats must be used according to the manufacturer's instructions.

5 Step Test: The seat belt fits correctly when the child sits all the way back against the vehicle seat, the child's knees bend over the edge of the vehicle seat, the belt fits snugly across the child's thighs and lower hips and not the child's abdomen, and when the shoulder strap snugly crosses the center of the child's chest and not the child's neck.



Effective 8/1/2019

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