With the busy holiday travel time approaching. Safe Kids would like to remind everyone that wearing your seat belt is your number one defense in a car crash.

Last year, 378 unrestrained motorists died in Pennsylvania vehicle crashes. Statistics show that if you are ejected from a vehicle you are 25 times more likely to die.

PA law states that all children under the age of 8 must be restrained in an approved child safety seat. However, regardless of age, all children who have not reached the height of 4'9" should still use a booster seat.

If you are unsure your child's safety is installed properly or if you are not sure if your child requires a safety seat, visit www.pakidstravelsafe.org or contact your local PA State Police Barracks to locate a car seat technician near you for a free safety check.

Additionally, children under the age of 13 should sit in the rear seat, away from frontal airbags.

No matter where you sit in the vehicle, where everyone should be wearing a seatbelt for your safety.

This message is brought to you by Safe Kids PA, Lycoming County Partner and the Lycoming County Health Improvement Coalition.