



Produced with the support of Department for Transport



Acknowledgements

RoSPA would like to thank BeSafe, Britax Römer, Cybex, Joie and Nuna, who have provided a number of the images used in this document.







Choosing a child car seat

By law, all children must travel in an appropriate child car seat until they are 135cm (4ft 5in) tall or 12 years old, whichever comes first. Children taller than 135cm or over the age of 12 must then wear a seatbelt.

This factsheet provides parents and carers with advice on the use of extended rearward facing child car seats.

Proper use of car seats helps keep children safe. But, with so many different seats on the market, many parents find choosing the appropriate seat overwhelming. The type of seat your child needs depends on several things, including your child's age, size, and developmental needs.

Babies need to be carried in rearward-facing baby seats. This reduces the risk of death or injury in a crash by 90% compared with being unrestrained¹. Rearward-facing seats provide greater protection for the baby's head, neck and spine than forward-facing seats. However, many parents assume that their child will prefer facing forwards, and therefore allow them to travel facing forwards at the first opportunity.

In the UK, there are two sets of child car seat regulation, which means that the age at which parents can allow their baby to travel facing forwards in their car seat varies. The first regulation, R44, covers seats that are manufactured based on a child's weight. In these seats, there is an option for the child to travel forward facing from 9kg (around nine months of age). The second set of newer regulation, R129, often known as i-Size, covers seats that are manufactured based on the child's height. In an i-Size seat, the child must travel rear facing until they are over 15 months old. Once the child reaches 15 months of age, they can be moved into a forward facing car seat. Whether you use a R44 or a R129 seat it is best to keep the child rear facing for as long as possible, changing to a forward facing seat only when they reach the maximum height or weight stipulated by the manufacturer.

Once the child has exceeded the maximum weight for their car seat, or they are too tall for it (their head is above the top of the seat), the child will need to move into the next stage of car seat. There are two options: the child can move into a forward facing car seat, or they can use what is known as an extended rearward facing car seat. In an accident, a rear-facing car seat reduces impact on a baby's vulnerable head and neck.

An extended rearward facing child car seat, is a seat that allows a child to travel rear facing for longer, typically up to around four years of age². In some European countries, it is now law that children must travel rear facing until they reach four years of age. These seats have been used in Sweden since the 1960s, and over the last few years, have become increasingly popular in the UK, due to their safety benefits. There are two types of extended rearward facing seats. Many of these seats are appropriate for a child until they reach 18kg (around four years of age), while some are designed for children weighing up to 25kg (around six years of age). These seats are currently tested to R44.04 standards (based on weight), but seats approved to i-Size R129 standards offer the

https://www.nct.org.uk/baby-toddler/getting-out-about-your-baby/car-journeys/guide-child-car-seats

² NetmumQA2Q1



¹ NCT 'Guide to Child Car Seats'



chance for children to travel rearward facing until they are 105cm tall (around four years of age). Whilst some extended rearward facing seats allow the child only to travel rearwards, some are combination seats, which offer the option of the child travelling forward or rear facing³.

R44 Child car seats are divided into categories, according to the weight of the children for whom they are suitable. The group stages available for rear facing are:

- Group 0+1- appropriate for children weighing 0-18kg
- Group 1- appropriate for children weighing 9-18kg
- Group 1+2- appropriate for children weighing 9-25kg.

Most R129, or I size seats, are designed to carry a child up to 105cm in a rearward facing position.





³ Good Egg Car Safety (2016) 'Extended Rear Facing Car Seats' https://www.goodeggcarsafety.com/blog/extended-rear-facing-car-seats-1.html



What seats are available?

The number of extended rearward facing seats available for purchase is constantly growing. Below are a selection of seats that are available for purchase at the time of writing (October 2019). These have been supplied following research of and discussions with many of the main manufacturers of child car seats.

Please note that the below seats have been included to help you choose an appropriate seat. This is not an exhaustive list and inclusion in this factsheet does not imply RoSPA recommendation of the use of the following seats.

Besafe

iZi Twist B i-Size

What height/weight is the seat suitable for? Appropriate for children from 40cm-105cm and up to 18kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.besafe.com/en/product/izi-twist-b-i-size/

iZi Plus

What height/weight is the seat suitable for? Appropriate for children up to 25kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.besafe.com/en/product/izi-plus/

iZi Plus X1

What height/weight is the seat suitable for? Appropriate for children up to 25kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.besafe.com/en/product/izi-plus-x1/

iZi Twist i-Size

What height/weight is the seat suitable for? Appropriate for children from 61-105cm or up to 18kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.besafe.com/en/product/izi-twist-i-size/





iZi Combi X4 ISOfix

What height/weight is the seat suitable for? Appropriate for children up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://www.besafe.com/en/product/izi-combi-x4-isofix/

iZi Kid X3 i-Size

What height/weight is the seat suitable for? Appropriate for children from 61-105cm or up to 18kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.besafe.com/en/product/izi-kid-x3/

iZi Modular RF i-Size

What height/weight is the seat suitable for? Appropriate for children from 61-105cm or up to 18kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.besafe.com/en/product/izi-kid-x3/

iZi Modular i-Size

What height/weight is the seat suitable for? Appropriate for children from 61-105cm or up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 88cm.

For more information: https://www.besafe.com/en/product/izi-modular-i-size/

Britax Römer

MAX-WAY

What height/weight is the seat suitable for? Appropriate for children from 9kg to 25kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.britax-roemer.co.uk/car-seats/toddler/max-way/1750.html

MULTI-TECH III

What height/weight is the seat suitable for? Appropriate for children from 9kg to 25kg.





Is the seat rearward facing only, or a combination seat? Combination seat, available rearward facing and forward facing.

For more information: https://www.britax-roemer.co.uk/car-seats/toddler/multi-tech-iii/CSSFCC004.html

MAX-WAY PLUS

What height/weight is the seat suitable for? Appropriate for children from 9kg to 25kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.britax-roemer.co.uk/car-seats/toddler/max-way-plus/1753.html

DUALFIX i-SIZE

What height/weight is the seat suitable for? Appropriate for children from 40-105cm or up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 76cm.

For more information: https://www.britax-roemer.co.uk/car-seats/baby-car-seats/dualfix-i-size/9002.html

DUALFIX M i-SIZE

What height/weight is the seat suitable for? Appropriate for children from 61-105cm or up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 76cm.

For more information: https://www.britax-roemer.co.uk/car-seats/toddler/dualfix-m-i-size/3017.html

DUALFIX² R

What height/weight is the seat suitable for? Appropriate for children up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://www.britax-roemer.co.uk/car-seats/baby-car-seats/dualfix2-r/9209.html

Cosatto

RAC Come and Go I-Rotate

What height/weight is the seat suitable for? Appropriate for children up to 105cm.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 76cm.





For more information: https://www.cosatto.com/shop/car-seats/rac-come-and-go-i-rotate/traffic-jam

All in All Rotate

What height/weight is the seat suitable for? Appropriate for children up to 36kg (rearward facing available up to 18kg).

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://www.cosatto.com/shop/car-seats/all-in-all-rotate/fika-forest

All in All Plus

What height/weight is the seat suitable for? Appropriate for children up to 36kg (rearward facing available up to 18kg).

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://www.cosatto.com/shop/car-seats/all-in-all-plus/mister-fox

Cybex

Sirona Z i-Size

What height/weight is the seat suitable for? Appropriate for children from 45-105cm or up to 18kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://cybex-online.com/en-gb/car-seats/sironazisize

Sirona Q i-Size

What height/weight is the seat suitable for? Appropriate for children from 45-105cm or up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 76cm.

For more information: https://cybex-online.com/en-gb/car-seats/sironazisize

Sirona S i-Size

What height/weight is the seat suitable for? Appropriate for children from 45-105cm or up to 18kg.





Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 76cm.

For more information: https://cybex-online.com/en-gb/car-seats/sironasisize

Sirona M2 i-Size

What height/weight is the seat suitable for? Appropriate for children from 45-105cm or up to 19kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 76cm.

For more information: https://cybex-online.com/en-gb/car-seats/sironasisize

Joie

i-Quest signature

What height/weight is the seat suitable for? Appropriate for children from 45-105cm.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 76cm.

For more information: https://uk.joiebaby.com/product/i-quest-signature/

i-Spin 360™

What height/weight is the seat suitable for? Appropriate for children from 45-105cm.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 15 months.

For more information: https://uk.joiebaby.com/product/i-spin-360/

spin 360

What height/weight is the seat suitable for? Appropriate for children up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://uk.joiebaby.com/product/meet-spin-360/





spin safe

What height/weight is the seat suitable for? Appropriate for children up to 105cm or 18kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://uk.joiebaby.com/product/spin-safe/

i-Venture

What height/weight is the seat suitable for? Appropriate for children from 45-105cm.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 76cm.

For more information: https://uk.joiebaby.com/product/i-venture/

steadi

What height/weight is the seat suitable for? Appropriate for children up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://uk.joiebaby.com/product/steadi/

tilt

What height/weight is the seat suitable for? Appropriate for children up to 18kg.

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://uk.joiebaby.com/product/tilt/

stages

What height/weight is the seat suitable for? Appropriate for children up to 25kg (rear facing until 18kg).

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://uk.joiebaby.com/product/stages/

stages fx

What height/weight is the seat suitable for? Appropriate for children up to 25kg (rear facing until 18kg).





Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://uk.joiebaby.com/product/stages-fx/

stages ISOFIX

What height/weight is the seat suitable for? Appropriate for children up to 25kg (rear facing until 18kg).

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://uk.joiebaby.com/product/stages-isofix/

every stage

What height/weight is the seat suitable for? Appropriate for children up to 36kg (rear facing until 18kg).

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://uk.joiebaby.com/product/every-stage/

every stage fx

What height/weight is the seat suitable for? Appropriate for children up to 36kg (rear facing until 18kg).

Is the seat rearward facing only, or a combination seat? Combination seat with the ability for the child to travel forward facing from 9kg.

For more information: https://uk.joiebaby.com/product/every-stage-fx/

Maxi Cosi

Pearl Smart i-Size

What height/weight is the seat suitable for? Appropriate for children from 67-105cm or 18.5kg.

Is the seat rearward facing only, or a combination seat? Combination seat.

For more information: https://www.maxi-cosi.co.uk/car-seats/pearl-smart-i-size

Pearl One i-Size

What height/weight is the seat suitable for? Appropriate for children from 67-105cm or 18kg.

Is the seat rearward facing only, or a combination seat? Rearward facing only.





For more information: https://www.maxi-cosi.co.uk/car-seats/pearl-one-i-size

Pearl Pro i-Size

What height/weight is the seat suitable for? Appropriate for children from 67-105cm or 18.5kg.

Is the seat rearward facing only, or a combination seat? Combination seat.

For more information: https://www.maxi-cosi.co.uk/car-seats/pearl-pro-i-size

Nuna

NORR

What height/weight is the seat suitable for? Appropriate for children up to 105cm.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.shopnuna.co.uk/c/car-seats_norr

REBL plus

What height/weight is the seat suitable for? Appropriate for children up to 105cm.

Is the seat rearward facing only, or a combination seat? Rearward facing only.

For more information: https://www.shopnuna.co.uk/c/car-seats rebl-plus

Recaro

Zero.1 i-Size

What height/weight is the seat suitable for? Appropriate for children up to 105cm.

Is the seat rearward facing only, or a combination seat? Combination seat.

For more information: https://www.recaro-kids.com/zero-1-i-size.html





Fitting an extended rearward facing child car seat

There are two ways in which a child car seat can be fitted: using the vehicle seatbelts, or by using ISOFIX points. ISOFIX seats are not fitted with the car's seatbelts. Instead they have connecting arms that slot into ISOFIX points that were built into the car when it was manufactured. An additional top tether or support leg is used to prevent the seat from titling or rotating in an impact.

Extended rearward facing child car seats are available with ISOFIX and there are also seatbelt options available if it is a R44 seat which will have either an 18kg or 25kg weight limit. All R129 rear facing seats must have ISOFIX fixing points and some will be designed to carry a child up to 105cm which is approximately 4 years of age.

For more information on fitting your rear facing child car seat, visit our <u>Child Car Seat Fitting and Compatibility</u> <u>page</u>.







Why is it safer for a child to travel rearward facing?

In 2009, the British Medical Journal published research suggesting that rear facing child car seats are safer than forward facing seats for children under four years old and therefore, parents and guardians should be advised to keep their children in a rear facing child car seat for as long as possible⁴. The reason that children are safer travelling rear facing is that the body of a child differs structurally from the body of an adult in a number of ways, including the proportion of their head to the rest of their body and the development of their neck and spine. This is critical to the design of child car seats that protect against impact forces in a collision.

Firstly, a baby's head is 25% of its body weight, compared to an adult whose head is only 6% of the body weight, meaning that a baby's head is disproportionately heavy in relation to the rest of their body. When a baby is born, its skull is not the solid single piece of bone it will become later in life. To allow the baby to pass through the birth canal, as well as to allow for additional brain growth, the skull is initially separated into several different parts. While these separations are necessary in early life, they make an infant's head particularly fragile. During the first two years of life, the separate bones of the skull slowly begin to fuse together. The fusing process occurs over multiple years, because the brain is still growing, and will not reach adult size until approximately age seven. However, the two large soft spots on an infant's head are both closed by the time the child reaches age three.

The neck muscles and vertebrae of infants and young children are also weak. When a baby is born, neck vertebrae is "composed of separate portions of bone joined by cartilage, in other words, the baby's skeleton is still soft". This cartilage turns into bone during the first three years of a baby's life. The hardening process of the bones, called ossification, continues until puberty. Muscles and ligaments in the neck develop in a similar way⁵.

Finally, the spinal column in children differs to that of an adult. As children are not fully developed, their spinal column can stretch in the event of an impact, such as that suffered in the event of a collision. However, the spinal cord does not stretch, and can rupture if it is stretched more than a quarter of an inch. The consequences of this are severe, leading to paralysis and even death⁶.

As children grow, their bones fuse together to form bigger bones and specifically in the spine, the vertebrae starts to form at 3 years of age, but will not be fully developed until 6 years of age. This is why rearward-facing is recommended for as long as possible, because in the event of a collision, the baby's whole body is protected by the seat as it absorbs the impact over the whole head, neck and spine, whereas in a forward-facing seat, the

https://www.carseat.se/rearfacing/safety-benefits/

https://www.medicinenet.com/spinal cord injury treatments and rehabilitation/article.htm#where can i get more information on spinal cord injury



⁴ Watson, E. A. and Monteiro, M. J. (2009) 'Advise use of rear facing child car seats for children under 4 years old' https://www.bmj.com/content/338/bmj.b1994.full

⁵ CarSeat.se 'Safety Benefits of Rear-Facing'

⁶ Eck, J. C. and Marks, J. W. (eds) 'Spinal cord injury'



child's torso is held in place but their head, neck and limbs can be thrown forward causing great strain on the neck⁷.

Typically, the most dangerous collisions are frontal impact collisions. The force of an impact can cause a lot of strain on the areas of the body held back by their seatbelts or harness, and also on the head and limbs, which are flung forward. When sitting forward facing, the child's body is pushed out of the seat. As the child car seat's internal harness holds the child's upper body in place, the majority of the forces are placed on the child's neck as the head is thrown forward with tremendous force. In addition, the child risks injury from hitting the front seats.

Frontal impact tests show that the strain on the neck is five times greater when the child is sitting forward facing compared to when sitting rear facing⁹. This is because if the child is sitting in a rear facing child car seat, the seat shell will act as a protective shield and absorb the impact energy. The forces of the impact are spread over the whole large area of the child's back, neck and head, thereby significantly less strain is put on the child's neck¹⁰.



⁷ In Car Safety Centre 'Extended Rear Facing Seats' https://incarsafetycentre.co.uk/by-type/extended-rear-facing-seats



⁸ Jane (undated) 'Car Seat Buying Guide' https://www.jane-uk.com/en/gb/Car-Seat-Buying-Guide/cc-43.aspx

⁹ CTSFL (2019) 'Why Rear Facing: the Science Junkie's Guide' https://csftl.org/why-rear-facing-the-science-junkies-guide/

¹⁰ BeSafe 'Rear facing 5x safer' https://www.carseat.co.uk/rear-facing-5x-safer/



Common concerns about extended rearward facing

There are a number of common concerns parents and guardians have about choosing an extended rearward facing car seat for their child. This section aims to address some of these concerns¹¹.

If I am involved in a rear impact collision, will my child be safe in an extended rearward facing seat?

Research suggests that rear-facing seats are effective at protecting babies and young children in all types of collision. Typically, rear impact collisions occur at slower speeds, and mainly result in damage to the vehicle. This means that the risk of your child being injured is less than in a frontal impact collision. In the event of a rear or side impact collision, the driver will tend to apply the brakes before impact. This creates a brake force with a forward direction. These forces will push your baby into the support of their rear-facing seat. In a forward-facing seat, the forces will push your baby out of his seat, just like in a head-on collision.

Will my child be comfortable sitting rear-facing as they get older?

One of the main concerns parents have about using an extended rear-facing car seat is that their child will be uncomfortable due to a lack of legroom and that they can't make eye contact in the rear-view mirror while travelling. Rear-facing seats do not provide as much leg room as a forward facing seat, but most rear-facing models now have seat braces to improve leg space. Children are much more flexible than adults and will often be able to find a comfy position by bending their knees, crossing their legs, or dangling their legs over the sides of the seat. Accessories such as baby mirrors can also be purchased to allow the child to make eye contact with their parent or guardian whilst travelling rear facing.

Is my child more likely to suffer from travel sickness travelling rear-facing rather than forward-facing?

Travel sickness is caused when a person's sense of balance registers a mismatch between the motion sensed by the eyes and the stillness of the body. A child's sense of balance is not fully developed in their toddler years, so direction-related travel sickness typically only occurs around the age of 4-6 years, if at all. For some children the ability to see more things through the windows can cause a sensory overload and make them feel unwell, as objects seen through the side windows are moving past at speed. Covering the side windows with a sun blind for a short while can often help the children to gradually get used to all the new stimuli.

My child would complain about travelling rearward-facing.

When moving to the next stage of car seat from an infant carrier, your child actually knows nothing but travelling rear-facing.



¹¹ BeSafe 'Common misconceptions about rear facing seats and how to reply to them' https://www.besafe.com/en/misconceptions-rear-facing-car-seats/



My child would be bored, they can't see anything!

This is a common myth, but children travelling rear-facing can see a lot more than we might expect. The high sitting position in a rear-facing seat allows the child to see through both the side and rear windows at the same time.

I only have a small car, is it possible for me to have an extended rearward facing seat?

Many rear-facing child car seats can be installed with varying leg space, so that they allow for a very compact installation. They often don't take up much more space than a forward-facing car seat.







Top tips for extended rearward facing child car seats

- There is little difference in protection offered by a correctly fitted extended rearward facing seat that has been fitted using a seatbelt or ISOFIX points. However, if your car has ISOFIX points, these seats are recommended because they reduce the risk of the seat being fitted incorrectly. Regardless of the method you choose to fit the seat, seek professional advice and fitting help, follow the manufacturers' instructions and practice fitting the seat so that you are confident fitting the seat before placing your child in it.
- Two types of extended rearward facing seat are offered: those that can be fitted rear-facing only and those that have the option to fit either rear- or forward-facing. The type of seat you choose should depend on whether you would like to have the option of fitting the seat forward-facing if required. If you are sure that you will always fit the seat rearward-facing, it may be best to opt for a rear-facing only seat, as these are often cheaper than combination seats.
- Not all car seats will fit all vehicles. Before you purchase a seat, check that every car that you will fit the seat in is compatible with the seat. For compatibility advice, visit our child car seat fitting and compatibility page or the car seat manufacturer's website. Check the orange label on the car seat to see whether it is a universal seat, meaning that it will fit any vehicle or semi universal.







- Extended rearward facing seats with an 18kg limit will accommodate most children up to the age of four. If your child is likely to reach 18kg before their fourth birthday, a seat with a 25kg weight limit may be a more cost-effective option. You may also wish to consider a seat with a 25kg weight limit if you would like your child to remain rear-facing beyond the age of four.
- Extended rearward-facing seats are becoming available in major retail stores and are available in local independent stores. We always recommend buying from a store with trained car seat fitters who can show you how to correctly fit the seat in your vehicle, rather than buying online.
- Remember, it is dangerous and illegal to fit a rear-facing car seat in the front passenger seat if there is an active passenger airbag. This is because if the airbag is deployed, it will hit the seat and fling it forward with considerable force. If the car does not have airbags in the front, or if they can be deactivated, or if the car has sensors which switches the airbag off automatically when you fit a child seat, then you can legally carry a rearward-facing baby seat in the front. However, it is still safer to fit the seat in the rear of the vehicle.
- If the seat you purchase is an ISOFIX seat with a support leg, ensure that the leg is not sitting on an underfloor storage compartment in the vehicle. This is because the compartment could collapse from the force of an impact coming through the support leg. We advise not using a seat with a support leg if there is an underfloor storage compartment or any other obstructions in the foot well, unless it is approved for such use¹².



https://www.babycentre.co.uk/a25009527/extended-rear-facing-car-seats



¹² BabyCentre 'Extended rear-facing car seats'



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