



Prenatal Vehicle Safety Teaching Tool



Lap Belt

- Place the lap belt all the way underneath the curve of your belly so the belt rests on your hips.
 - Many pregnant drivers and passengers place the lap belt low on their belly, but still on their belly like the picture above on the left. The lap belt needs to be all the way underneath the curve of your belly and on your hips like the picture above on the right.
 - You may need to turn the lap belt flat where it passes underneath your belly.
 - Take the center several inches of the lap belt in your hands.
 - Turn the top edge of the lap belt back towards yourself.
 - Slide the portion of your lap belt that you turned over underneath the curve of your belly.
 - Pull the lap belt tight.

Shoulder Belt

- Wear the shoulder belt to the side of your belly and diagonally across the center of your chest.
- The shoulder belt should pass over the center of your collar bone and rest on your shoulder.
 - You may need to adjust the recline of your seat, the height of your seat, or where the shoulder belt comes out of the wall.

Vehicle Seat

- Adjust your seat so you can press the brake pedal all the way to the floor with the ball of your foot on the pedal and grasp the top of the steering wheel with your elbow slightly bent.
- Sit in a comfortable upright position. Try not to recline the seat more than necessary.

Steering Wheel

- Tilt your steering wheel so the airbag is directed towards your chest, not your belly or your face.
- Adjust your seat and steering wheel to keep at least ten inches of space between the airbag and your chest.

For questions or more resources please visit www.hcpvs.org or contact Greg Colton at greg.colton@hcpvs.org.

QR code for the Hudson Center for Prenatal Vehicle Safety website:

