

# Seat Belt Use During Pregnancy

## Should I wear my seat belt?

- Yes. Wearing your seat belt properly is the most important thing you can do to keep you and your baby safe.

## How should I wear my seat belt?

- Place the lap belt under the curve of your belly so the belt rests on your hips.
- You may need to turn the lap belt flat as it passes underneath your belly.
- Wear the shoulder belt to the side of your belly and diagonally across the center of your chest and collar bone.



## How should I adjust my seat?

- Sit in a comfortable upright position.
- Adjust your seat so you can press the brake pedal 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.

## What should I do about my airbags?

- Tilt your steering wheel so the airbag is directed towards your chest.
- Adjust your seat and steering column to keep at least ten inches of space between the airbag and your chest.



## What should I do if I am in a crash?

- Seek immediate medical attention and notify your prenatal care provider, even if you do not feel injured.



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