

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 down to the floor with the ball of your foot on the pedal.
 - 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.

For more information, please visit www.hcpvs.org

