

## Pregnancy & Seatbelts

Should I use seat belts during pregnancy?

Yes! They are important to your baby's safety, as well as your own.

Why are seat belts so strongly recommended during pregnancy?

Studies of pregnant women in car accidents have shown that you and your baby are much less likely to have injuries if you are wearing a seat belt.

What kind of seat belts are recommended?

The best combination for a seat belt is lap plus shoulder belt. If no shoulder belt is available, a lap belt, worn correctly, is better than no belt at all.

What is the correct way to wear a seat belt while I am pregnant?

The lap belt should be worn low around the hip bones and be kept as tight as is comfortable. The shoulder belt should be kept above the high point of the abdomen (belly), but low enough to avoid having it cross over your neck. Be sure to use the head rest to support your neck. Maintain good posture while traveling.

If I am in an accident, what should I do?

In anything more than a simple fender-bender, you should get checked by your doctor as soon as possible. This is true even if you are not experiencing pain, as your pregnancy could be affected. Your doctor may perform some simple tests to ensure your baby is doing well. If any vaginal bleeding or contractions occur, call your doctor immediately.

Should I buckle up whenever I get into a car?

Yes. Most accidents happen close to home so don't save your best safety measures for long trips. Buckle yourself and your baby up every time you travel, even on the way home from the hospital. By not using your seat belt, you are taking the risk of hurting yourself or your baby. By buckling up you are doing the very best you can to avoid injury.