The Pregnant Woman's Guide to Buckling Up

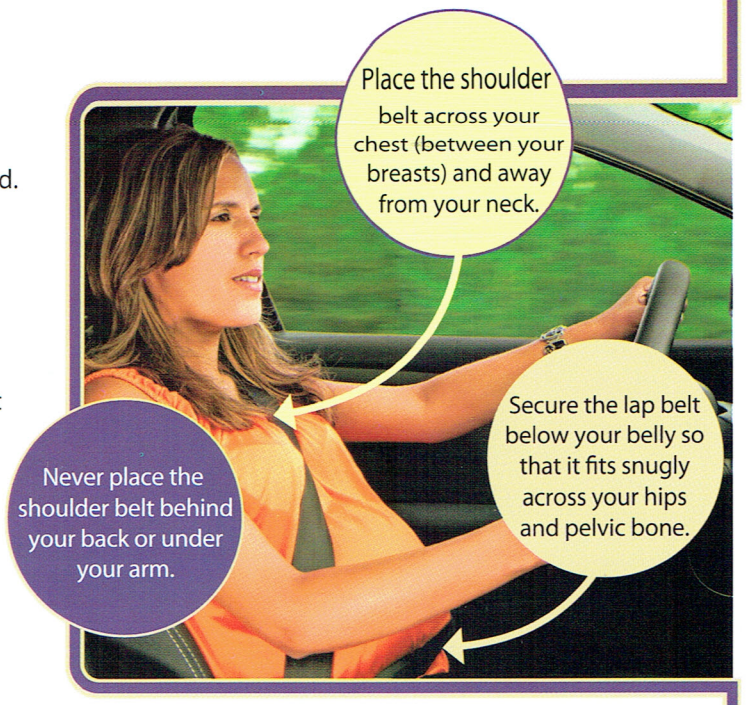
Your Top 5 Seat Belt Questions Answered

1 "I'm pregnant. Should I wear a seat belt?"

YES. Doctors recommend it. In a crash, a seat belt is the best protection for both you and your unborn child.

2 "Should I adjust my seat?"

YES. You should move the front seat back as far as possible. If you're driving, make sure you can comfortably reach the pedals. But always keep at least 10 inches between the center of your chest and the steering wheel cover or dashboard. As your abdomen grows during pregnancy, adjust your seat to maintain this 10-inch minimum gap.



3 "What if my car or truck has air bags?"

You still need to buckle up. Air bags are designed to work with seat belts, not replace them. Without a seat belt, you could be thrown into a rapidly opening frontal air bag, which could injure or even kill you and your unborn child. Also, if you're not buckled up, you could collide with other passengers or be ejected from the vehicle.

4 "Should I turn the air bag off if my vehicle has an air bag ON-OFF switch?"

NO. Doctors recommend that pregnant women wear seat belts and leave air bags turned on. Seat belts and air bags work together to provide the best protection for you and your unborn child.

5 "What's the right way to wear my seat belt?"

The shoulder belt should lay across your chest (between your breasts) and away from your neck. The lap belt should be worn below your belly so it fits across your hips and pelvic bone.

Need more help?

MICHIGAN OHSP
Office of Highway Safety Planning

NHTSA
www.nhtsa.gov

Contact us

To learn more about seat belts, air bags, child safety seats (including where to find a free child seat inspection station near you), as well as other highway safety topics, call the DOT Vehicle Safety Hotline at 888-327-4236 or visit the NHTSA Web site at www.nhtsa.gov.

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