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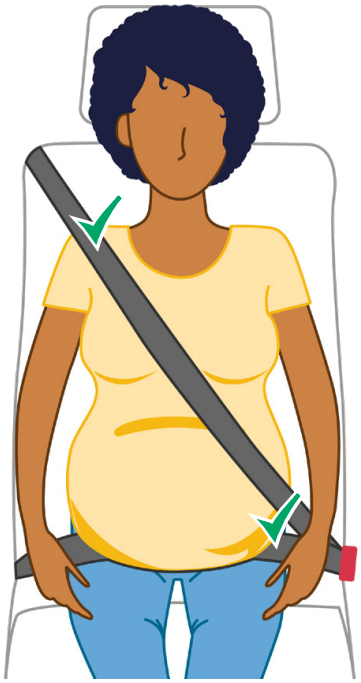
Seat Belt Safety During Pregnancy

HOW SHOULD MY SEAT BELT FIT? SHOULD I MOVE MY SEAT?



LAP BELT:

- Place the lap belt low across your hips and pelvic bones
- Keep it under your belly
- Pull it snug so it stays in place
- Never place it over or on top of your belly

SHOULDER BELT:

- Place the shoulder belt across the center of your chest
- Keep it centered on your shoulder, not resting on the neck
- Do not let it slip off your shoulder onto your arm
- Never place it behind your back or under your arm

SEAT POSITION:

- Sit upright in a comfortable position
- Keep your seat upright to reduce gaps between your shoulder and the seat belt
- If riding as a passenger, move your seat back as far as possible

WHAT IS TYPICALLY RECOMMENDED?

Buckling up is the best way to protect you and your baby in a crash. Doctors advise wearing a seat belt during every stage of your pregnancy.

Keep air bags turned on! Airbags and seat belts work together to protect you and your baby.

If you are in a crash, even a "minor" one, get medical care right away and tell the doctor you are pregnant. Do not skip this, even if you feel uninjured.

IS THE LAP BELT SLIDING UP YOUR BELLY?

Ask a certified Child Passenger Safety Technician for tips to prevent this!

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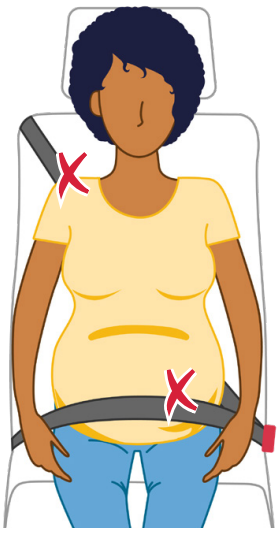
TIPS WHEN DRIVING:

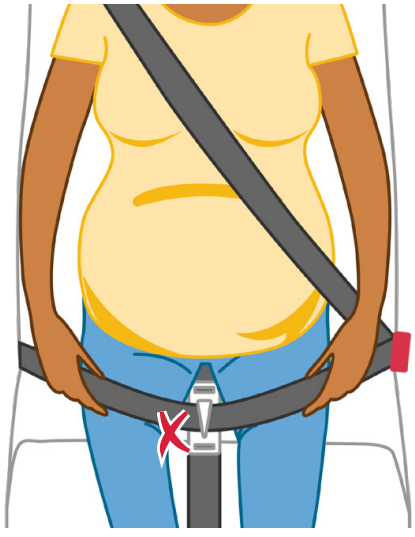
- If driving, move your seat back as far as you can while still comfortably reaching the pedals AND keeping space between your belly and the steering wheel.
- Tilt the steering wheel toward your chest, not your belly.
- Avoid letting your belly touch the steering wheel.
- If it's too uncomfortable or you need additional room, consider having someone else drive, if possible.



REMINDER:

- Never place the shoulder belt behind your back or under your arm.
- Never place the lap belt over or on top of your belly.
- Never use a seat belt adjuster or positioning device.





WHY WE DON'T RECOMMEND SEAT BELT ADJUSTERS:

Some products claim to move the lap belt away from your belly. These are often called pregnancy seat belt adjusters.

- ✗ Most have NOT been crash tested
- ✗ They can change how the seat belt works
- ✗ They may increase the risk of injury to both you and your baby in a crash
- ✗ There are no federal safety standards on these devices

Wearing your seat belt the right way during pregnancy helps protect you and your growing baby.

If you have any questions, help is available!
Contact a certified Child Passenger Safety Technician

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