

PREGNANCY SEAT BELT SAFETY



What's the right way to wear my seat belt while pregnant?

Shoulder belt

Place the belt away from your neck, but not off your shoulder. The belt should lay diagonally across the center of your chest resting on your collarbone. Place it down the side of your belly. Make sure there are no twists in the webbing.

Lap belt

Place below the curve of your belly so it fits snugly across your hips and pelvic bone. As pregnancy progresses, lifting your belly may help with snug placement.

Before driving, ensure that your elbow is slightly bent when grasping the top of the steering wheel.

Reach the brake pedal with the ball of your foot.



Avoid gaps between your shoulder and the belt webbing.

Keep your back flush with the seat back. Avoid leaning forward.

Seat and vehicle adjustments to help with fit

Use available vehicle adjustment options to get into a comfortable, upright position. Keep as much space as possible between your torso and the front seat air bag.

Air bags

Air bags are an important safety feature during pregnancy. When driving, tilt the steering wheel so the airbag is directed towards your chest, not belly. Ensure at least ten inches of space between the steering wheel and your torso.

If you're in a crash

Seek immediate medical attention, even if you don't feel injured.

Planning for your child's first ride

Get your car seat early. If cost or selection is a challenge, help is available. Request free training and learn how to use your seat before your due date. To learn more, scan the QR code below and visit the Safety Seat Checks page.

Not every car seat fits in every vehicle.

