

Seat Belts During Your Pregnancy



Wear Your Seat Belt During Your Pregnancy

- Motor vehicle injuries are a major cause of death during pregnancy and the leading cause of hospitalization for injuries during pregnancy.
- Using your seat belt reduces the risk of injury to you and your unborn baby.
- Wearing both your lap belt and shoulder belt as shown in Figure 1 is extremely important during pregnancy:
 - Place your lap belt below your belly, over your hip bones.
 - Place the shoulder belt between your breasts.
 - Be sure there is no excess slack in either the lap or shoulder belts.

Analysis of data from the Pregnancy Risk Assessment Monitoring System (PRAMS) found the following:

- About 31,000 pregnant women in the study population were injured in a car accident each year.
- About 4,100 of these women had to spend at least one night in the hospital.



FIGURE 1. Illustration of how to properly wear a seat belt while pregnant.

Source: *Should pregnant women wear seat belts?* NHSTA, DOT HS 809 506, September 2002.



For more information about seat belt use in pregnancy, please see www.safercar.gov

SOURCES OF INFORMATION

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