

Ride safely when pregnant

Protect yourself and protect your baby

A car crash can be one of the most serious risks to your unborn baby. There are many things you can do to keep yourself and your baby safe when driving or riding as a passenger.

Tips for riding safely



Make sure the shoulder belt is across the chest and above the belly.

Keep as much space as possible between the steering wheel and the belly.

Tilt the steering wheel toward the chest and not the belly.

Push the lap belt under the belly.

- Always use both the lap and shoulder belt.
- Push the lap belt down as far as possible below your belly, and make sure it stays low.
- Keep the shoulder belt across the middle of your shoulder. Never put it under your arm or off your shoulder.
- Keep as much space as possible between the steering wheel and your belly while still being able to reach the steering wheel and pedals.
- If you are wearing a coat, open it and pull it out from under the belt and to the sides away from your belly. This helps the lap part of the belt stay low.

Resources

Car seat resources and information:

chw.org/carseats

Car seat installation and check events:

safekidswi.org/events

Email: carseatwi@chw.org

Phone: (855) 224-3692

Other ways to protect

Drive less often, or let others drive you when possible. The rear center seat is safest for you and the baby if there is a lap and shoulder belt. Avoid travel during high-risk, weather-related road conditions.



Proper fit is the key to safety.

