



Ride safely when pregnant

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.

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

Other ways to protect:

- Drive less often, and let others drive you when possible.
- Avoid travel during high-risk, weather-related road conditions.

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