



buckle up for baby and you

advice on how to wear your seatbelt
safely through pregnancy



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Seatbelts save lives

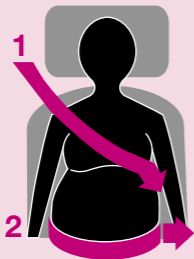
Pregnancy is an exciting time of change for you. But don't change your habit of wearing a seatbelt – buckling up now is just as important.

Wearing a seatbelt saves lives. Did you know that wearing a seatbelt reduces the injury risk to your unborn baby by up to 70 per cent?

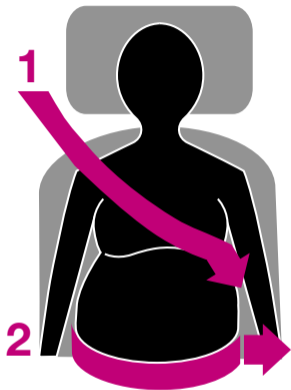
Wearing a seatbelt may not always be comfortable but the law does require you to wear one, even while pregnant. This is to protect you and your baby – and other adults and children travelling with you.

What are the risks?

Wearing a seatbelt while pregnant will not, on its own, harm your baby. If you have a crash, it will improve your safety and will help to protect you and your unborn baby. If you are worried about how to wear it correctly follow these steps...



- 1** Wear the diagonal strap between your breasts, moving the strap around the side of your bump.
- 2** Make sure the lap strap sits comfortably under your bump. If it is over your belly button then it is too high. It should go from hip bone to hip bone, as low as possible.



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THINK!

about it...

For your unborn baby you may have made many changes to your lifestyle.

Wearing a seatbelt when pregnant may not be the most comfortable experience but it's unsafe to travel unbuckled and the law makes no exception for pregnancy.

For the sake of your unborn baby, buckle up whenever you get in a car, even for short trips. In a crash, people who don't use a seatbelt can hurt those they are travelling with. That may include your unborn baby and any other children with you.

Don't risk becoming a statistic

Loughborough University carried out a study into the risks unborn babies face in a car crash.

If you suffer serious injuries in a crash there's a 40 to 50 per cent chance of losing your baby.

Even if your injuries are slight there is still up to five per cent risk of losing your baby.

Wearing your seatbelt helps reduce the risk of injury if you are involved in a crash. If you are less likely to get hurt, so is your unborn baby.

Every year seatbelts save thousands of lives. Make the right choice for you and your baby, wear a seatbelt.

Getting it right

As your bump grows you'll need to adjust your car so it is more comfortable for you to drive.

But don't forget to keep safe.

When you push the seat back your view out of the mirrors will shift. Always check your mirrors when you adjust the seat or the height of the wheel.

And make sure that you aren't stretching to reach the clutch, brake and accelerator as you move your seat away from the wheel; it could affect your reaction times.

Once baby is on board...

Maybe you've made changes to your home to help keep your baby safe.

Have you thought about how to keep your baby safe in the car too?

Never carry your baby on your lap. If you crash there is a risk of crushing the baby as your weight is thrown against it with the force of the impact.

A well fitted baby seat is essential and for children under three you have to have one by law.

Rear facing baby seats provide a good level of protection. But if your car has air bags never use a rear facing baby seat in the front of the car.