

## Seat Belt Wearing During Pregnancy

All pregnant women must wear seat belts by law when travelling in cars. This applies to both front and back seats and pregnancy does not in itself automatically provide exemption from the law.

The safest way for pregnant women to wear a seat belt is to :

- Place the diagonal strap between the breasts (over the breastbone) with the strap resting over the shoulder, not the neck.
- Place the lap belt flat on the thighs, fitting comfortably beneath the enlarged abdomen, and over the pelvis not the bump.
- The belt should be worn as tight as possible. In this way the forces applied in a sudden impact can be absorbed by the body's frame.



It is not advisable to wear 'Lap-only-Belts' as opposed to lap and diagonal belts as they have been shown to cause grave injuries to unborn children in the event of sudden deceleration.

Mother and unborn child are both much safer in a collision if a lap and diagonal seat belt is being worn correctly.