



## Driving When Pregnant

There is no reason not to do an emergency stop. You must though ensure the correct fitting of the seatbelt.

Seat belts save lives

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

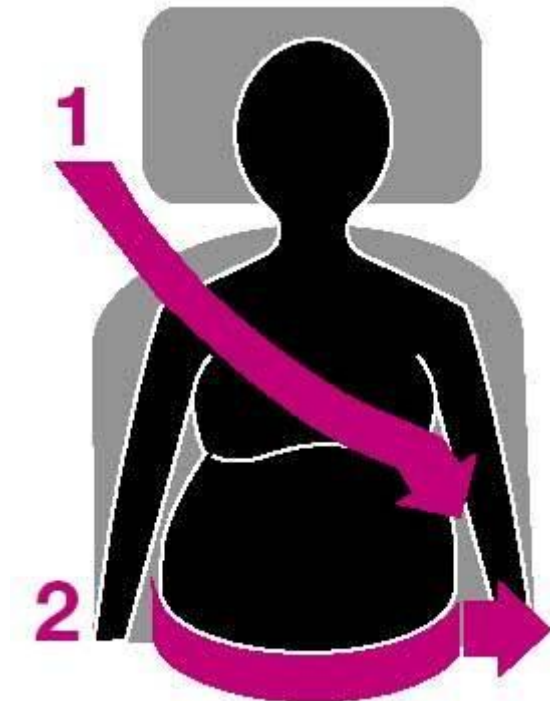
Wearing a seat belt saves lives. Did you know that wearing a seat belt reduces the injury risk to your unborn baby by up to 70 per cent?

Wearing a seat belt 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 seat belt while pregnant will not, on its own, harm your baby. If you have a crash, it 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.



## THINK! about it...

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

Wearing a seat belt 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 seat belt 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 seat belt 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 seat belts save thousands of lives. Make the right choice for you and your baby, wear a seat belt.

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 control of the vehicle.

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?

The law states that children **MUST** be in the correct child restraint when travelling in the front or rear of a car or goods vehicle with no exceptions (save in the rear seat in a taxi if no child restraint is available).

Never carry your baby on your lap. If you crash there is a risk of crushing the baby between yourself and the dashboard or seat in front.

Rear facing baby seats provide the best protection. But the law states that they **MUST NOT** be used in a seat protected by an active frontal air-bag. If the air-bag cannot be switched off, then the baby and baby seat must go in the back seat.