



"Can I wear a seat belt during all stages of pregnancy?"

"Yes! Doctors recommend it. A seat belt is the single most effective measure you can take to protect yourself and your unborn child in a crash."



### WHAT IS THE CORRECT METHOD OF USING A SEAT BELT?



#### SHOULDER BELT

Position it away from your neck, but ensure it does not slip off your shoulder. It should cross over your chest, passing between your breasts. Remove all slack (looseness) from the belt.

#### LAP BELT

It must pass under the belly, across the hips and pelvic bone, fitting snugly but comfortably.

Choose a comfortable and upright position to minimize the gap between your shoulder and the seat belt. Never place the lap belt over your belly.



Adjust Your Seat Distance  
Correctly. Do not let your belly  
touch the steering wheel.

