

Seat Belt Fit

- Place the lap belt all the way underneath the curve of your belly so the belt rests on your hips.
 - You may need to turn the lap belt over where it passes underneath your belly.
- Wear the shoulder belt to the side of your belly and diagonally across the center of your chest and collar bone.
- The shoulder belt should rest on your shoulder over the center of your collar bone.
 - You may need to adjust the recline of your seat or the height of where the shoulder belt comes out of the wall.

Vehicle Seat Adjustment

- Sit back to provide space between your belly and the steering wheel, but make sure you can reach the pedals safely.
- Try not to recline the seat more than necessary. Sit in a comfortable upright position.

Airbags

- Leave your airbags turned on.
- Tilt your steering wheel so the airbag is directed towards your chest, not your belly or your face.
- Adjust your seat to keep at least ten inches of space between the airbag and your chest.

Pregnancy Seat Belt Adjusters

- Pregnancy seat belt adjusters are not recommended.
 - For more information, visit www.hcpvs.org/seat-belt-adjusters.

For questions or more resources please visit www.hcpvs.org or contact Greg Colton at Gregory.Colton@uchealth.org

QR code for the Hudson Center for Prenatal Vehicle Safety website:

