

“Should I turn off the air bag?”

No. Doctors recommend that pregnant women wear seat belts and leave the air bag switch on; they work together to protect both the mother and the unborn baby in a crash.

“Should I adjust my seat?”

Yes. You should move the front seat as far back as possible. Your breastbone should be at least 10 inches from the steering wheel or dashboard. As your abdomen grows during pregnancy, move the seat back to keep as much distance as possible while still allowing a driver to reach the pedals.

Need more help? Contact us

For more information about child safety seats, booster seats, inspection/fitting stations in your area, seat belts, air bags, and other highway safety issues, call the DOT Auto Safety Hotline at 1-888-DASH-2-DOT (1-888-327-4236) or visit our web site at www.nhtsa.dot.gov



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For more information contact the
North Dakota Department of Health
MCH Injury Prevention Program
1.800.472.2286

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“Should pregnant women wear seat belts?”

ANSWERS TO
AN EXPECTANT
MOTHER'S COMMON
QUESTIONS ABOUT
TRAFFIC SAFETY



“I’m pregnant. Should I wear a seat belt?”

Yes. Doctors recommend it. In a crash, seat belts are the best protection for both you *and* your unborn child.

“What if the car or truck has air bags?”

You still need to buckle up. Air bags are designed to work with seat belts, not replace them. Without a seat belt, a pregnant woman can be thrown into a rapidly opening air bag—a movement of such force could injure or even kill the mother and her unborn child.

“What’s the right way to wear my seat belt?”

NEVER place the lap belt above or on your belly.

Place the shoulder belt across your chest (between your breasts) and away from your neck.



Never place the shoulder belt behind your back or under your arm.

Adjust the lap belt across your hips/pelvis, and below your belly.

Once your baby is born, don’t forget these steps to keep your child safe:

4 STEPS FOR KIDS



1. Use **REAR-FACING INFANT SEATS** in the back seat from birth to at least one year old and at least 20 pounds.
2. Use **FORWARD-FACING TODDLER SEATS** in the back seat from age one to about age four and 20 to 40 pounds.
3. Use **BOOSTER SEATS** in the back seat from about age four and 40 pounds to at least age eight unless 4’9”.
4. Use **SEAT BELTS** at age eight or older or taller than 4’9”. All children 12 and under should ride in the back seat.