

# CAR SAFETY

While you are pregnant, there are some important things you can do to keep yourself safe in the car, whether you're the driver or the passenger. Read this handout for more information!

## SEATBELT SAFETY



Wearing a seatbelt is safer than not wearing a seatbelt when pregnant, for both you and your baby! **Always wear your seatbelt while in the car.**

- The lap belt should stretch across your hip bones, **below your tummy.**
- The belt that crosses the front of your body should:
  - The shoulder belt should cross over the collarbone, not over the neck. It should go down the middle of your chest (between your breasts).
  - According to *Transport Canada*, the straps should be placed above and below your abdomen.



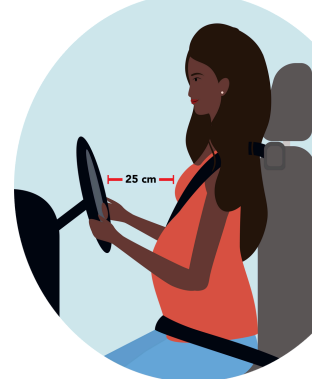
## AIRBAG SAFETY

**Always keep the airbags in your car on.**



If you are in the driver's seat, you should:

- Keep around 25cm between your chest and the steering wheel.
- Consider adjusting the angle of your wheel so that it is angled toward your chest rather than your abdomen.



## LONG CAR RIDES

Longer trips in the car will increase the swelling in your legs/feet and increase your risk of developing a blood clot in the legs.

To **prevent this from happening**, you should:

- Stop every 2 hours and walk around.
- Stay hydrated.



## IMPORTANT NOTE:

If you get in an accident, you should **seek medical attention right away**, even if you aren't injured.

### References

The Society of Obstetricians and Gynaecologists of Canada. Drug-free pain management [Internet]. Pregnancy Info. 2024. Available from: <https://www.pregnancyinfo.ca/your-pregnancy/special-consideration/travel-and-pregnancy/>  
The American College of Obstetricians and Gynecologists. Car Safety for Pregnant Women, Babies, and Children [Internet]. American College of Obstetricians and Gynecologists. 2021. Available from: <https://www.acog.org/womens-health/faqs/car-safety-for-pregnant-women-babies-and-children>

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