

怀孕期间的驾车安全 Car Safety During Pregnancy (Chinese)

您知道吗？

在密歇根州，死于车祸的孕妇和新妈妈中有40%没有系安全带。

在美国，车祸是导致34岁以下的

人受伤和死亡的主要原因。许多这些死亡事件可能只要使用安全带即可避免发生。

无论行车的距离有多短，每个人每次坐车时都应该系上安全带。

孕妇驾车时有更多要注意的事项。她们系安全带的方式既要保护到自己，也要保护到宝宝。



Did You Know?

40% of pregnant women and new mothers who die in car crashes in Michigan were not wearing seat belts.

Car accidents are

leading cause of injury and death among people under age 34 in the United States. Many of these deaths could be prevented simply by using

seatbelts. Everyone should use a seatbelt every time they are in a car, no matter how short of a distance they are traveling. Pregnant women have more to worry about when driving.

They need to wear seatbelts in a way that will protect both themselves and their babies.

若以正确的方法系上安全带，您的宝宝并不会受到伤害。系安全带时：Wearing a seatbelt will not harm your baby if it is fastened correctly. When wearing your seatbelt:

- 1.总是系上腰带和肩带。Always wear both the lap and shoulder belt.
- 2.将腰带低围在您的臀骨上，居于腹部以下的位置。Buckle the lap belt low on your hipbones, below your belly.
- 3.绝不可把腰带围在腹部以上或横跨您的腹部。Never put the lap belt above or across your belly.
- 4.将肩带斜跨于您的胸脯中央（置于乳房之间）——绝不可将肩带置于您的手臂下，臂后或臂背，或横跨您的脖颈。Place the shoulder belt across the center of your chest (between your breasts)—never under your arm, behind or back, or across your neck.
- 5.请确保安全带紧扣却舒适。Make sure the belts fit snugly.

系好安全带 Buckling Up

宝宝在您的腹中获得了很好的保护。系上安全带，保护好您自己，这对宝宝而言是最重要的事情。

Your baby is well protected inside of you. By buckling your seatbelt, you are protecting yourself, which is the most important thing for your baby.



其他诀窍 Other Tips

- 若汽车有倾斜的方向盘，请确保方向盘倾斜的方向朝向您的胸骨，而非您的腹部或头部。
If the vehicle has a tilt steering wheel, make sure the steering wheel is tilted toward your breastbone, not your abdomen or head.
- 将座椅尽量向后移动。您的胸骨应该距离方向盘至少 10 英寸。随着怀孕时您的肚子越来越大，您需不停地调整座椅，在尽可能留有足够空间的同时，保证脚可以够得着踏板。
Move your seat so it is as far back as possible. Your breastbone should be at least 10 inches from the steering wheel. As your belly grows throughout your pregnancy, keep adjusting the seat to allow as much space as possible while still being able to reach the pedals.

事故中会发生什么呢？ What Happens in an Accident?

在一场车祸中，会发生两次碰撞。第一次是当车撞上某物或者被撞，然后突然停下来。在汽车停止移动后，车里的人仍将继续移动。若他们没有系安全带，第二次碰撞便会发生——他们在车内向前飞移，撞上前面的座椅或挡风玻璃。During a car crash, there are two collisions. The first is when the car hits something, or is hit, and suddenly comes to a stop. The people in the car will keep moving after the car stops moving. If they are not buckled in, the second collision will happen when they fly forward inside the car and hit the seat in front of them or the windshield.

安全气囊呢？ What about Air Bags?

如果因为您没有系安全带而向前飞向打开的安全气囊，那么撞击的力量足以对您和您的宝宝造成伤害。然而，如果您系好安全带，安全气囊和安全带将维护您和宝宝的安全。请不要关闭安全气囊的开关。If you fly forward into an opening air bag because you are unbuckled, the force of the impact can be enough to cause harm to both you and your baby. However, if you are buckled in, the airbag will work together with your seatbelt to keep you and your baby safe. Do not turn off the airbag switch.

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