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 the 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.

Buckling Up

ارتداء حزام أمان

اطفلتك مححمي بشكل جيد في داخلك. بارتداء حزام الأمان الخاص بك، انتم تحمينا نفسك، وهو الشيء الأكثر أهمية لطفلك.

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.

ارتداء حزام الأمان

Wearing a seatbelt will not harm your baby if it is fastened correctly. When wearing your seatbelt:

1. دائمًا ارتداء كلا من حزام الكتف والحضن.

Buckle the lap belt low on your hipbones, below your belly.

2. اربط حزام الحضن بشكل منخفض على وركيك، أسفل بطنك.

Never put the lap belt above or across your belly.

3. ضع حزام الكتف عبر وسط صدرك (بين شعاعيك) — لا تضعه أبدا تحت ذراعك، أو خلفك، أو عبر عنقك.

Place the shoulder belt across the center of your chest (between your breasts)—never under your arm, behind or back, or across your neck.

4. تأكد من أن الأحزام تناسب بشكل مريح.

Make sure the belts fit snugly.
Other Tips

- If the vehicle has a tilt steering wheel, make sure the steering wheel is tilted toward your breastbone, not your abdomen or head.

- 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.

What Happens in an Accident?

- 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.

What about Air Bags?

- 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.