

Seatbelts & pregnant women

FOR FURTHER INFORMATION CONTACT

Instructions on how to fit and use
child restraints

- > Follow manufacturer's instructions.
If instructions are not available (eg if buying
second hand) manufacturer can supply a copy on
request.

Hiring and fitting of child restraints in
metropolitan and country areas

- > Australian Red Cross
(08) 8267 7676 or
1800 246 850 (country callers)

Purchase of child restraints

- > Australian Red Cross
- > RAA -Traffic & Safety Department
Ph (08) 8202 4592
- > Department stores or private companies that
manufacture restraints.

Information on where to get anchorage
systems/bolts installed

- > RAA -Traffic & Safety Department
- > Australian Red Cross

General information

- > Transport SA, Safety Strategy
Ph (08) 8343 2865



Keep our kids

buckle them up

buckle up
& yourself
your unborn child

April 2000

Eight Tiger



Remember, if you're hurt in a crash, chances are that your unborn child will be too!

seat belts & pregnant women

keep our kids safe
buckle them up

Do I have to wear a seat belt?



Every person travelling in a motor vehicle must use an approved restraint (seat belt or child restraint), where one is available, properly fastened and adjusted. Pregnancy of itself does not constitute grounds for exemption, nor does the number of months you are pregnant.

Will wearing a seat belt make my baby and me safer?

Yes, although the womb is the safest baby restraint available, research indicates that in a crash a properly worn seat belt will further significantly reduce the risk of injury to you and your unborn child.

Pregnant women sometimes find seat belts uncomfortable, or worry that they may harm the unborn child. However, a seat belt that is worn properly puts little pressure on your stomach and therefore on your unborn child. It is the safest and most comfortable way to travel in a car.

Remember, if you're hurt in a crash, chances are that your unborn child will be too.

What is the correct way to wear a seat belt?

The correct wearing position is shown in the diagram left.

Here, the lap part of the seat belt should be worn as low as possible, below the unborn child. It should be over your upper thighs and across your pelvis.

The sash part of the seat belt passes above your stomach and between your breasts. A sash guide may be purchased to adjust the angle of the seat belt if necessary.

