

怀孕期间使用安全带须知

我是否应该系安全带？

- 是的。正确系好安全带是为保证您自己及小宝宝安全您能做的最重要的事。

我应该怎么系安全带？

- 请将下面的腰带放在腹部隆起部分的下方，这样安全带就可以放在髋部上方。
- 请将上面的肩带拨到腹部一侧并使之斜穿过胸部和锁骨中间部位。

我应该怎样调节座椅？

- 请往后靠，以便在您腹部和方向盘间留出空间，但请务必确保您可以安全地踩到前面那些踏板。
- 请尽量不要把座椅调得太过向后倾斜。请以舒适的姿势直直坐好。

安全气囊要怎么弄？

- 请将方向盘倾斜到安全气囊对着您的胸部而不是腹部或脸部。
- 调整座椅，让安全气囊与您胸部之间至少保持有十英寸的空间。

如果撞车了我该怎么办？

- 即使您并没有觉得自己受伤了，也要立即就医并通知您的产前护理人员。

欲了解更多信息，请访问 www.hcpvs.org



Seat Belt Use During Pregnancy

Should I wear my seat belt?

- Yes. Wearing your seat belt properly is the most important thing you can do to keep you and your baby safe.

How should my seat belt fit?

- Place the lap belt under the curve of your belly so the belt rests on your hips.
- Wear the shoulder belt to the side of your belly and diagonally across the center of your chest and collar bone.

How should I adjust my seat?

- Sit back to provide space between your belly and the steering wheel, but be sure you can reach the pedals safely.
- Try not to recline the seat more than necessary. Sit in a comfortable upright position.

What should I do about my airbags?

- Tilt your steering wheel so the airbag is directed towards your chest, not your belly or your face.
- Adjust your seat to keep at least ten inches of space between the airbag and your chest.

What should I do if I am in a crash?

- Seek immediate medical attention and notify your prenatal care provider, even if you do not feel injured.

For more information, please visit www.hcpvs.org

