



Oklahoma State  
Department of Health

# Safety Guide for Expectant Mothers

## Traffic safety

**Always wear a seat belt;** it is the best protection for you and your unborn child.

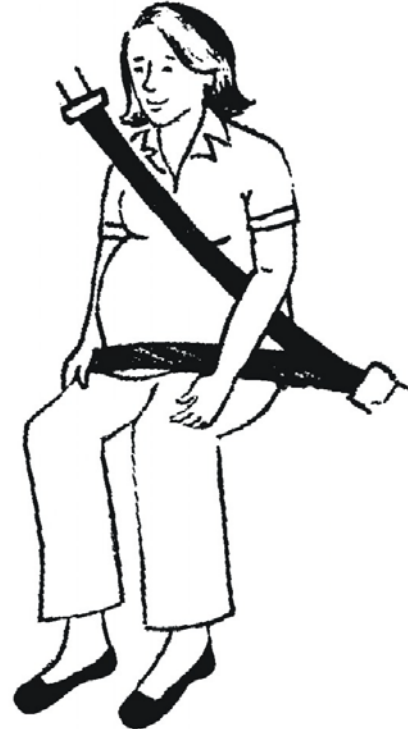
- Adjust the lap belt across your hips and below your belly.
- Never place the lap belt above or on your belly.
- Place the shoulder belt across your chest (between your breasts) and away from your neck.
- Never place the shoulder belt behind your back or under your arm.
- Always buckle your seat belt even if vehicle has airbags.
- Airbags work *with* seat belts.
  - If you are not wearing a seat belt, you can be thrown into an opening airbag, seriously injuring you and your unborn baby.
  - Wear your seat belt and leave the airbag switch on. They work together to protect you and your unborn baby.

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## Bathtub safety

- Use non-skid mats in a bathtub and on the floor near the tub or shower.
- Have a person nearby to help you step out onto the floor, if necessary.

This is the **right way** to wear your seat belt.



## To adjust the seat:

- Move the seat back to keep your chest at least 10 inches away from the dashboard or steering wheel. Make sure the pedals can be reached if driving.

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## Preventing falls

Mothers 6-9 months pregnant sometimes lose their balance.

- Avoid walking on uneven, slippery surfaces.
- Avoid climbing ladders/stepstools.
- Hold onto the rail when going up and down stairs.
- Wear sturdy, low-heeled shoes.