



Oklahoma State
Department of Health

Safety Guide for Expectant Mothers

Traffic safety

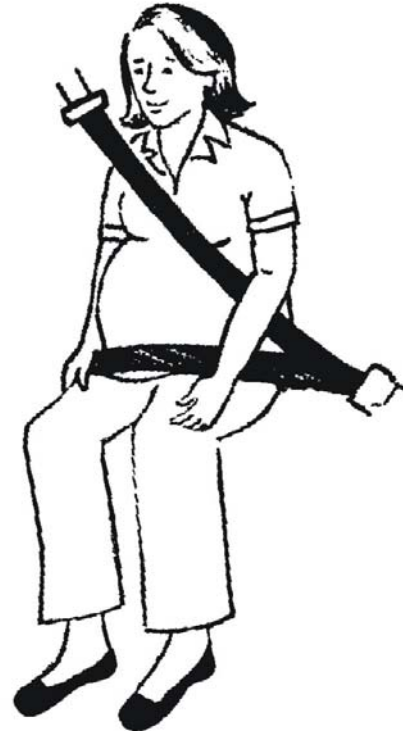
Always wear a seat belt; it's the best protection for you and your unborn child.

- 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 aren't 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.

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.

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.