

Wearing your seatbelt

Being pregnant does not mean you can stop wearing a seatbelt (unless you are exempt for medical reasons).

To keep you and your unborn baby as safe as possible:

- **place the shoulder strap between your breasts**
- **make sure the lapbelt is under the bump, across the top of your thighs**
- **choose to use a diagonal belt rather than a lap only belt**
- **push the seat back as far as practical if the car has front seat airbags**
- **don't be tempted to use cushions to make yourself more comfortable**



For further information

Local road safety unit details:

www.roadsafetyscotland.org.uk/about/units/index.asp

A further source of information is:

www.protectchild.co.uk



Road Safety
SCOTLAND

Road Safety Scotland
Heriot Watt Research Park (North)
Riccarton
Currie
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Tel: 0131 472 9200

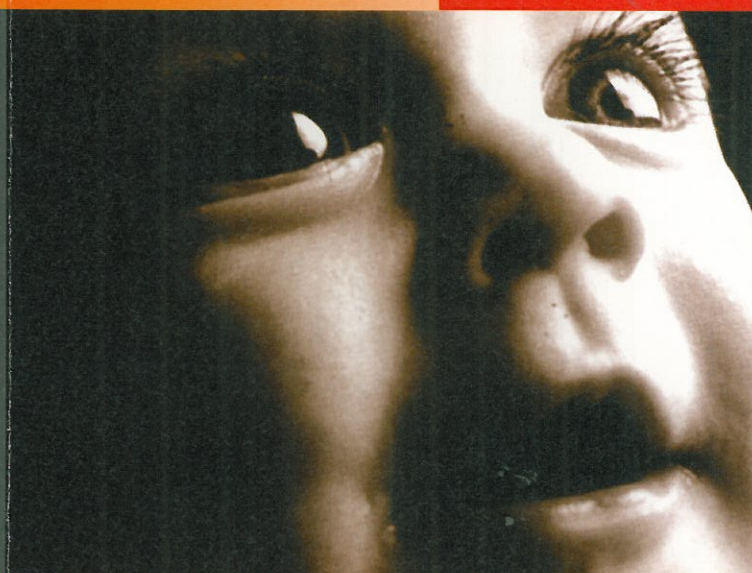
Fax: 0131 472 9201

email: enquiries@roadsafetyscotland.org.uk

website: www.roadsafetyscotland.org.uk

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RR Donnelley B56643 07/08



Baby Safe

Keeping
your new baby
safe in cars



Road Safety
SCOTLAND

Choosing your baby's first car seat

You will be making lots of choices as you get ready for your baby's arrival. What type of cot, what kind of buggy, what kind of car seat AND will it fit the car?

Remember **not all** car seats will fit **all** cars

- **check to see if the shop has a trained fitter**
- **take your car with you when buying a car seat**
- **ask if you can try the seat in the front and back of the car before buying**

Checking the fit

Surveys have shown that nearly half of child car seats were not fitted correctly. It's important you make sure your seat is. Your child's life could depend on it.

- **read the maker's instructions carefully and keep them in a safe place in case you need them again**
- **fit the car seat in the car. When the seat is fitted properly, you should not be able to shake it or move it about**
- **if the seat is not a secure fit, try it in another position in the car**
- **the seat belt buckle should not touch the frame of the baby seat**
- **if for any reason you are unhappy, go back to the shop**

Second hand? Second thoughts!

Getting all you need for a new baby can be expensive, so you will want to save where you can. A second hand car seat might save you money, but you could be putting your baby in danger.

If you are going to be using a second hand car seat, check:

- **has the seat been in a car which has been in a crash? It might look all right but there could be hidden damage**
- **do you know how to fit it according to the instructions?**
- **does the seat meet the latest safety standard?**



THINK before you shop! Don't be impressed by how fashionable a seat looks. It might look great, but will it keep your baby safe? And think about any other children you have. Can you fit all the car seats in safely?



If it is likely that you may use your car seat in other cars, make sure it fits properly.



Once you have finished with your car seat, think carefully before giving it to someone else.



Check the seat you are thinking of using has the latest European Safety mark.



Have a trial run before your baby's arrival to make sure that the person collecting you from hospital knows how to fit the car seat properly.



Save where you can, but not on safety.