

SAFETY DURING AND AFTER PREGNANCY

PROTECTED FROM THE FIRST MINUTE OF PREGNANCY

You can continue to drive through most of your pregnancy. However, you need to make sure that your "bump" is sufficiently far from the steering wheel. If it is less than 20 cm away you are too close, so we recommend you stop driving at this stage.



ALWAYS USE A SEAT BELT

Whether you're the driver or a passenger. It may be that due to certain complications during pregnancy you think it's best not to use one. But if this is the case, it's much better not to use the car at all.

1 HOW TO POSITION THE SEAT BELT

The lower strap of the belt should go just below the abdomen and just above the hip bones.

2 HOW TO POSITION THE SEAT BELT

Meanwhile, the upper strap should go across the middle of the sternum and clavicle, without lying too close to the neck. It should never lie across the abdomen or one of your breasts, or underneath the arm or armpit.

3 SAFETY DISTANCE

USE A CHILD RESTRAINT SYSTEM (CRS) FROM THE MOMENT OF BIRTH

11 IF YOUR NEWBORN BABY HAS SPECIAL NEEDS

Consult a medical professional about safety cots, but remember: these must be properly certified. Certain child seats are expressly recommended by medical professionals.

10 FOLLOW THE MANUFACTURER'S INSTRUCTIONS

if in any doubt.

YOUR NEWBORN BABY MUST BE PROTECTED

...from the very first moment they leave the hospital.

9 KEEP AN EYE ON THE INCLINATION OF THE CHILD SEAT

It should be neither too upright nor too flat. We recommend a position.

8 IF THERE IS NO BACK SEAT AVAILABLE

If, due to exceptional circumstances (the car has no back seat, or it is occupied by other children in CRS, or it is impossible to install a child seat), your baby has to travel in the front seat, you must remember that it is essential to disable the passenger seat airbag.

2 YOU NEED TO PLAN YOUR JOURNEY HOME IN ADVANCE

And have a special baby seat ready. You need to know how to install it properly (Isofix fittings make the task much easier).

7 BABIES MUST TRAVEL IN CHILD SEATS...

on the back seat of the car.

UNTIL THE BABY IS 15 MONTHS OLD...

and weighs more than 10 kg, they may not face forwards in the car. Indeed, at Fundación MAPFRE we recommend that children use rear-facing child restraint systems for as long as possible. On the market you will find child seats that allow children to travel rear-facing up to a weight of 25 kg (which is usually when they reach three or four years old).

THE SAFETY BABY CARRIER...

must be certified according to ECR 44/04 or the new ECE standard.

3 SOMETHING YOU SHOULD NEVER DO

Carry your baby in your arms, however short the journey is.

4 YOUR NEWBORN BABY SHOULD TRAVEL...

in a child restraint system suitable for babies.

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