



# PREGNANCY HEALTH AND SAFETY CHECKLIST & RISK ASSESSMENT

Issue Date: 01.09.18

	Y	N
<b>PHYSICAL JOB DEMANDS</b>		
• Does the work involve lifting or pushing heavy objects? .....	<input type="checkbox"/>	<input type="checkbox"/>
• Does the work involve standing or squatting for long periods? .....	<input type="checkbox"/>	<input type="checkbox"/>
• Does the role involve a lot of walking? .....	<input type="checkbox"/>	<input type="checkbox"/>
• Does the work involve working at height or climbing steep steps? .....	<input type="checkbox"/>	<input type="checkbox"/>
• Does the employee need to access areas with limited space? .....	<input type="checkbox"/>	<input type="checkbox"/>
• Will any tasks become more hazardous as the employee changes shape and size? .....	<input type="checkbox"/>	<input type="checkbox"/>
• Does the role involve shift work? .....	<input type="checkbox"/>	<input type="checkbox"/>
• If so, does it involve working at night? .....	<input type="checkbox"/>	<input type="checkbox"/>

If the answer to any of these questions was yes please detail below the adjustments which have been agreed



**MENTAL JOB DEMANDS**

- Does the job involve meeting challenging deadlines? .....
- Does the role involve rapidly changing priorities and demands? .....
- Does the role require a high degree of concentration? .....

If the answer to any of these questions was yes please detail below the adjustments which have been agreed

**WORKING CONDITIONS - GENERAL**

- Does the work involve lone working or working in remote locations? .....
- Does the role involve any home working? .....
- Are toilet facilities easily accessible to a pregnant worker? .....
- Is the worker able to take toilet breaks when necessary? .....
- Can the worker take rest breaks when needed? .....
- Can the worker control the pace of her work? .....
- Are there any risks of violence at work? .....
- Does any part of the job involve dealing with members of the public? ....
- If so, does it involve dealing with distressed or disturbed people? .....

If the answer to any of these questions was yes please detail below the adjustments which have been agreed

**Y N**

**WORKING CONDITIONS - GENERAL (CONT.)**

- Does the role involve:
  - contact with young children or sick people? .....
  - unpredictable working hours? .....
  - dealing with emergencies? .....
- Are there any obstacles in corridors or offices that could cause problems for pregnant women, e.g. in the event of a fire evacuation? .....
- Is the workplace non-smoking? .....
- If not, is the worker separated from any designated smoking area? .....
- Is there any other form of indoor air pollution? .....
- Is the temperature in her working environment reasonable? .....
- Is there enough room for the worker to get in and out of her workstation?
- Will there be enough room as the pregnancy develops? .....
- Does the worker have an adjustable seat, with a backrest? .....

**SPECIFIC HAZARDS**

- Does any part of the job involve the use of chemicals? .....
- If so, are there any risks to the employee whilst she is pregnant or a nursing mother? .....
- Is there any exposure to vibration, e.g. through the use of hand tools? .
- Does the employee need to wear personal protective clothing? .....
- If so, will this present a problem as the pregnancy develops? .....

If the answer to any of these questions was yes please detail below the adjustments which have been agreed

## PHYSIOLOGICAL ASPECTS

There are certain physiological conditions which occur during pregnancy or when nursing babies which should be taken into account. These include: -

Morning sickness which may be relevant where early morning shifts are worked, or where there may be exposure to nauseating smells;
Backache, which may be associated with manual handling activities and poor work posture;
Posture is also significant if varicose veins and / or haemorrhoids develop – the latter also being linked to a hot work environment;
Frequent visits to toilet may be difficult if it is not always possible to leave the job / site of work;
Increasing size may present problems in the use of protective clothing, working in confined spaces and with manual handling;
Dexterity, agility, co-ordination, speed of movement and reach may all be impaired due to increasing size;
The need for re-hydration for nursing mothers;
The need for privacy when expressing milk for nursing mothers.



This checklist has been completed to the best of my knowledge and necessary adjustments have been discussed and agreed.

Name of Assessor: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Expectant Mother Name: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Note: This checklist is to be kept on file for at least three years.**