

# Pregnancy Risk Assessment



Name:		Name of Manager	
Job Title:		Date of Assessment:	
Due Date:		Start Date of Maternity Leave:	

## Brief Description of Role

Add description. Including job role, place of work, hours of work.

## Travel Arrangements

## Checklist

Movement and Posture	Yes	No	N/A	Comments/Control Measures
1. Does the role involve long periods of standing? e.g. more than 2-3 hours without a break?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Does the role involve long periods of sitting? e.g. more than 2-3 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Does the role involve any awkward twisting or stretching?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Is there enough room to move in and around the desk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. Is the chair comfortable and supportive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Can the chair be properly adjusted?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. Are there space restrictions which may cause more restricted movements as the pregnancy develops?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. Is your journey to your workplace manageable, with not too many stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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Manual Handling	Yes	No	N/A	Comments/Control Measures
9. Does the role involve any manual handling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10. Does the role involve any twisting, stooping or stretching to lift objects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11. Does the role involve lifting objects that are difficult to grasp or awkward to hold?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Protective Equipment and clothing</b>				
12. If protective clothing is to be worn, is it provided in suitable sizes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13. Are the materials used comfortable for wear?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. If any other PPE is to be worn, does it fit appropriately? e.g. Lifejackets, wetsuits etc	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Hazardous Substances</b>				
15. Does the role involve any infection risks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16. If so, are hygiene precautions adequate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17. Does the role involve any use of chemicals or exposure to any at hazardous chemicals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Working Time</b>				
18. Are you expected to work long hours/overtime?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19. Do you have flexibility over your working hours?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20. Does the role involve very early starts or late finishes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21. Does the role involve night work? i.e. between the hours of e.g. 11pm – 7am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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<b>Work Related Stress</b>	<b>Yes</b>	<b>No</b>	<b>N/A</b>	<b>Comments/Control Measures</b>
22. Are there tasks within the role which are known to be particularly stressful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23. Are colleagues and supervisors supportive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24. Do you have any concerns with your pregnancy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Extremes of cold or heat</b>				
25. Does the role involve exposure to temperatures that are uncomfortably cold (below 16°C)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
26. Or uncomfortably hot (above 27°C)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
27. If protective clothing is provided against the cold is it suitable for you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
28. Are there arrangements for frequent breaks with access to hot/cold drinks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Work at Heights</b>				
29. Does the role involve any climbing up and down stairs, steps or ladders?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30. Does the role involve any carrying items or boxes up and down stairs or ladders?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Violence at Work</b>				
31. Is the role perceived to have a high risk of violence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
32. Is there always support on hand to help you if you feel threatened or abused?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
33. Are managers and supervisors aware of the extra risk for pregnant women?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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Welfare	Yes	No	N/A	Comments/Control Measures
34. Is there somewhere quiet for you to rest if required?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
35. Is there easy access to toilets and more frequent breaks if required?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
36. Is there a clean, private area for breast feeding workers to express breast milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
37. Is there somewhere safe to store expressed milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Additional Comments:

## Guidance Notes

### Movement and Posture

A variety of factors linked to pace of work, rest breaks, work equipment and the work area can be involved. Hormonal changes during and shortly after pregnancy affect ligaments and can increase chances of injury. Postural problems may get worse as pregnancy advances.

**Standing** in one position for long periods can cause dizziness, faintness, fatigue. It can also increase chances of premature birth or miscarriage.

**Sitting** for long periods increases risk of thrombosis.

**Backache** is also associated with long periods of standing or sitting.

**Confined space** may be a problem particularly in the latter stages of pregnancy.

### Manual Handling

The hormonal changes in pregnancy increase risk of manual handling injuries. Postural problems can also increase risks as pregnancy progresses. There can be risks for women who have recently given birth. Breast-feeding mothers may have problems because of increased breast size and sensitivity.

### Protective Equipment and Clothing

Protective clothing or other types of Personal Protective Equipment (PPE) are not generally designed for use by pregnant women. Physical changes around pregnancy may make it too uncomfortable to wear, or may mean that it no longer provides the intended protection.

### Hazardous Substances

**Infection Risks** - many biological agents can affect an unborn child if the mother is infected during pregnancy. Such as biological agents e.g. Rubella, Typhoid, TB, chicken pox, HIV, and also being in close proximity to any animals that have recently given birth.

**Chemicals** - there are over 200 industrial chemicals that can cause harm to an unborn child. Refer to the Material safety data sheets or COSHH risk assessments for any chemicals that are used in your workplace or used by the pregnant worker. Lead and Lead derivatives, Mercury, Carbon Monoxide. Any chemicals with the following risk phrases: R46, 47, 61, 63 and 64 are of particular risk to an unborn child.

## Working Time

Long hours, and unsocial shift work can affect the health of pregnant women and can disrupt breast-feeding.

## Work Related Stress

New and expectant mothers can be vulnerable to stress because of hormonal, psychological and physiological changes around pregnancy. Additional stress may occur if the woman has reason to be anxious about her pregnancy.

## Extremes of Cold or Heat

Pregnant women are less able to tolerate extremes of heat or cold.

## Work at Heights

Because of the risk of fainting and high blood pressure, it is hazardous for pregnant women to work at heights. Also, the use of ladders and steps are not advisable due to the risk of falls and the overall difficulty of ascending/descending ladders or steps whilst pregnant.

## Work Related Violence

Violence and the fear of violence can increase the risk of miscarriage, premature birth and problems with breast feeding. Never put a pregnant woman in a situation of civil unrest, violence or undesirable areas of the country where attacks of aggression could occur.

## Welfare Issues

**Rest facilities** – rest is particularly important for new and expectant mothers, flexibility within their work role must be allowed for rest periods.

**Hygiene** – easy access to toilets is essential to protect against risks of infection and kidney disease.

**Storage facilities** – appropriate arrangements for expressing and storing milk are needed for breast feeding mothers.