

Hazards Checklist for Pregnant Members

Employers are obliged to risk assess the type of work you do including your work environment to resolve any problems that could potentially harm you or your unborn child. For your consideration below is a list of common hazards (note this is not an exhaustive list) that can affect pregnant physiotherapists, with questions that you may like your employer to address in their assessment if a particular hazard applies to you. Your CSP Safety Rep is also available to support you and ensure the risk assessment process is properly undertaken on your behalf.

Manual Handling – does the job involve twisting, stooping or stretching to lift objects?
 -Does the job involve being in awkward postures and undertaking strain inducing movements?
 -Does the job involve lifting objects that are difficult to grasp or are awkward to hold?
 -Does your work require you to do much lifting?
 -Do you work in a rehabilitation setting where physical handling is necessarily part of your work?
 -Do you work with small babies, children or heavy patients or potentially uncooperative/unpredictable patients with mental health, learning disabilities issues?
 -Do you use ultrasound equipment over extended hours?
(Where the use of mechanical equipment is not appropriate, other means of decreasing risks, such as increasing staffing levels, should be put in place).

Work-stations/electronic equipment - e.g. computers/laptops
 -Are there ergonomic issues and awkward spaces?
 -Does the work involve continuous standing or constant sitting?
 -Is the lighting sufficient?

Stress – Are there particular tasks you find stressful – for example dealing with difficult patients?
 -Are colleagues & managers supportive & understanding regarding your pregnancy?
 -Do you know what to do if you are bullied or victimised?
 -Has the employer's risk assessment taken into account any of your concerns about your pregnancy?

Working in the Community & Lone working – Are you doing much lifting when working alone in the community?
 -Are you expected to climb long flights of stairs to visit patients in your area?
 -Have you been trained in dynamic risk assessment techniques when out in the community?
 -Do you receive adequate information about patients & their home environment before you visit them?
 -Are you exposed to cigarette smoke when visiting patients?
 -Do you have a mobile phone or suitable electronic device to seek urgent assistance if needed?
 - If expected to drive is the distance excessive? Do you have access to toilets? Is your vehicle's seating adaptable for your comfort and safety?

Uniforms – Does your employer provide maternity sizes, which ensure unrestricted range of movement and uses material, which is comfortable to wear?

Aquatic Therapy – The pool environment may increase stress & fatigue levels for some members due to temperature & humidity levels.
 - If experiencing discomfort can you ask to be redeployed?

Facilities – Are there facilities to lie down; breastfeed or express milk in privacy; store expressed milk in a secure, clean refrigerator.
 -Are toilets easily accessible from your work area?
 -Are you able to take breaks when you need them?

Electrotherapy/Radiation –
 -Do you work on a medical ward/ICU where mobile X-rays are used?
 -Are you able to switch to alternative treatments for patients rather than provide electrotherapy or be relocated to another work area?
 - Are you exposed to any patients receiving radiation/chemo treatments?

Infection Risks – Are universal precautions adopted in your workplace at all times?
 -Have you been vaccinated against Hepatitis B, TB, Rubella (measles) & Varicella-zoster (chicken pox)?
 -Has or will your immunity be checked for TB, measles & chicken pox?
 - Is the employer following up to date Public Health COVID guidance for pregnant workers?

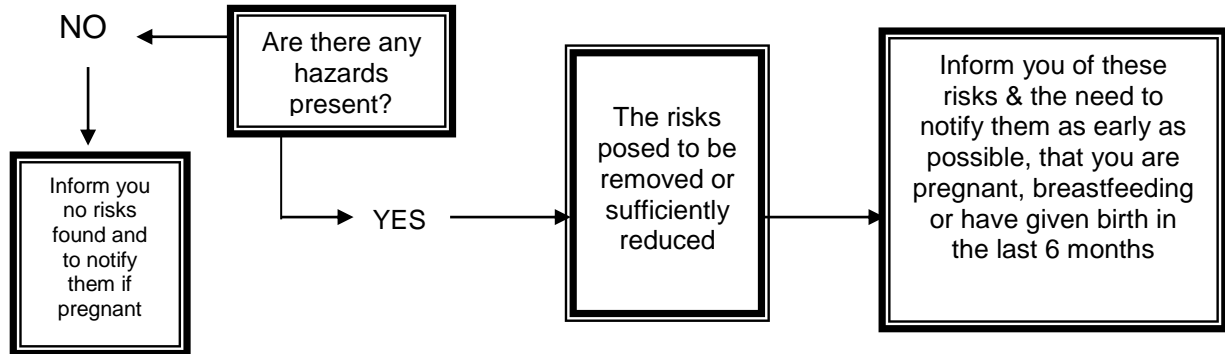
Working Time – Do you have flexibility or choice over your working hours?
 -Does your work involve very early starts or late finishes?
 -Does the job involve night work – i.e. between hours of 11pm to 7am?
 -Do you need extra breaks?

Temperature – Does your work involve exposure to temperatures that are uncomfortably cold (below 16C) or hot (above 27C)?
 -Are you exposed to cold draughts even where the average temperature is acceptable?
 -Are there arrangements for frequent breaks and access to hot/cold drinks?

*For more information on your health and safety rights - visit the HSE website
<https://www.hse.gov.uk/mothers/>*

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Stage 1 Employer's General Risk Assessment to address hazards posed to new & expectant mothers



Stage 2 After you have provided written notification that you are pregnant, have given birth in the last 6 months or that you are breastfeeding

Your employer should revisit their general assessment in consultation with you to consider if your circumstances, including any medical advice you provide to them from your GP or midwife are sufficiently addressed.

