

GUIDE TO WORKPLACE ASSESSMENT FOR PREGNANT EMPLOYEES

If your work involves one or more of the elements described here, a comprehensive assessment will need to be made of your work. The object is to determine whether your workplace is organised in such a way that you will be able to work without any problems during pregnancy.

Ergonomics	<ul style="list-style-type: none"> • Heavy lifting – must not exceed 10-12 kg after week 13, and from week 20 as little weight as possible • Powerful full-body vibrations • Work on ladders • Long standing or walking work
Biological work	<p>Infectious agents (in samples or animals) which can cause harm to the pregnant or her fetus/baby. Among these agents are:</p> <ul style="list-style-type: none"> • Rubella virus (rubella) • Toxoplasma gondii (toxoplasmosis) • Varicella zoster (chicken pox) • Parvovirus B 19 (Erythema infectiosum,) • Hepatitis A og B (Hepatitis) • Chlamydia (tidl Chlamydia) psittaci (Ornithosis) • Coxiella burnetii (Q-fever) • Listeria (listeriosis) • Streptococcus gr. B (infection in newborn. Suspected to be related to pre-term birth) • Please refer to specific Pathogen Safety Data Sheet (PSDS or MSDS) for other agents e.g. at http://www.phac-aspc.gc.ca/lab-bio/res/psds-ftss/index-eng.php or at CDC's website.
Chemical work	<ul style="list-style-type: none"> • Substances with potential risk of harming the unborn child, hazard phrases H360, H361 (R60, R61, R62, R63)* • Substances with carcinogenic effects, hazard phrases H350, H351 (R40, R45, R49) • Substances with potential risk of harming the health of the pregnant, hazard phrases H370, H371, H372, H373, (R39, R48, R68) • Substances with mutagenic effects, hazard phrases H340 (R46) • Substances with endocrine effects • Volatile organic solvents in which the concentration is higher than 1/10 of the threshold value. • Substances harmful by absorption through the skin – labelled "H" in the instructions for use. • Pesticides • Heavy metals • Anesthetics and suffocating gases • Cytostatics • The substances above is mentioned in the SDS of Kemibrug.dk in section A
Radiation	<ul style="list-style-type: none"> • Radioactivity (ionizing radiation) - Exposure of the unborn child must not exceed 1 mSv • Electromagnetic fields (Non-ionizing radiation) • Optical radiation
Other	<ul style="list-style-type: none"> • Direct contact with ultrasound

* If you work with substances that can harm your child during breastfeeding, within the first year after birth, an assessment of your work must also be prepared, hazard phrase H362 (R64).

The above is a considered selection of factors that may be of significance for a pregnant employee's working environment. For more detailed information, please refer to the Danish Working Environment Authority's Guidelines, currently A.1.8, of January 2009, concerning working environment factors affecting pregnant women and nursing mothers.