

NEW & EXPECTANT MOTHERS

HAZARD MANAGEMENT CHECK LIST

This checklist is to assist managers identify any workplace hazards, that pose additional dangers for new and expectant mothers. Add relevant local information under **Work Hazard / Activity** in each section. If you have answered **yes** in any of the sections, further actions or a risk assessment may be required.

| NAME OF STAFF MEMBER | | |
|--|---------------------------|-----------------------|
| DEPARTMENT | | |
| MANAGER COMPLETING REVIEW | | |
| WORK HAZARD / ACTIVITY | Problem Identified | Actions Agreed |
| VIOLENCE AND AGGRESSION <ul style="list-style-type: none"> • Are there frequent, violent incidents in the work area? • Consider work areas with more passive client groups | Yes / No | |
| MANUAL HANDLING Review the manual handling implications of the job <ul style="list-style-type: none"> • Apply good manual handling rules • Avoid lifting and always use handling aids • Consider the unpredictability of patients • Reduce the physical work / ensure it is within their capabilities | Yes / No | |
| MOVEMENT / POSTURE / STANDING <ul style="list-style-type: none"> • Are there long periods of standing / sitting? • Consider static loading - i.e. supporting limbs / holding of loads | Yes / No | |
| WORKING WITH VDU'S <ul style="list-style-type: none"> • Review the VDU risk assessment • Ensure ergonomics of the workstation meets employee's needs • Discuss breaks away from VDU work to allow changes in posture | Yes / No | |
| SHIFT / NIGHT WORKER <ul style="list-style-type: none"> • Are problems with sleep/ fatigue identified? • Review shift patterns – seek Occupational Health advice | Yes / No | |
| WORKING WITH BIOLOGICAL AGENTS – including Needlesticks <ul style="list-style-type: none"> • Can 'high risk' exposure to be reduced? • If working with children, review inoculation status • If exposed to biological agents, such as rubella, chicken pox, or Hepatitis B, advice should be sought from Occupation Health | Yes / No | |
| PREPARATION / ADMINISTRATION OF CYTOTOXIC DRUGS <ul style="list-style-type: none"> • Avoid exposure. | Yes / No | |
| WORKING WITH IONISING RADIATION <ul style="list-style-type: none"> • Reduce exposure as far as reasonably possible • Contact Radiation Supervisor for further information or advice | Yes / No | |

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| WORKING WITH NON IONISING ELECTROMAGNETIC RADIATION <ul style="list-style-type: none"> Ensure exposure to electric and magnetic fields are within exposure limits | Yes / No | |
| USE OF CHEMICAL AGENTS <ul style="list-style-type: none"> Review current Risk assessments Note substances with risk phrases R40/45/46/47/61/63/64 | Yes / No | |
| INABILITY TO TAKE ADEQUATE BREAKS <ul style="list-style-type: none"> Review work load, ensuring adequate breaks away from work area | Yes / No | |
| MENTAL / PHYSICAL FATIGUE / STRESS <ul style="list-style-type: none"> Consider revising work load – rotating work activities | Yes / No | |
| WORKING IN EXTREMES OF HEAT / COLD <ul style="list-style-type: none"> Is there a risk of dehydration? Adapt tasks, ensure frequent rests and refreshments | Yes / No | |
| DRIVING AS PART OF EMPLOYMENT <ul style="list-style-type: none"> Consider comfort – seatbelt, ease of getting in/out Any concerns regarding driving, refer to Occupational Health | Yes / No | |
| EXPOSURE TO EXCESSIVE NOISE <ul style="list-style-type: none"> Loud noise over long periods may raise blood pressure Ensure noise levels are within statutory guidance | Yes / No | |
| EXPOSURE TO ODOURS / GASES <ul style="list-style-type: none"> Exposure may cause nausea – limit or avoid interaction Consider Anaesthetic gases and appropriate scavenger systems | Yes / No | |
| SHOCK, VIBRATION AND MOVEMENT <ul style="list-style-type: none"> Avoid whole body vibration work, or where the stomach is exposed to jolts | Yes / No | |

Has a referral to Occupational Health been completed? **Yes / No**

Other Important factors to consider are:-

- If there a pre-existing physical or mental health illness, as exacerbation of an illness, including mental health problems, may occur during or following pregnancy.
- Pregnancy related illness, such as anaemia or gestational diabetes, may require alterations to the work involved or in shift patterns.
- Certain medication may be reduced or even stopped during pregnancy, on medical advice, which may have a profound effect upon the wellbeing of the mother.

Other comments:

Signature of Manager

Date

Date of next review