

SAINT ROBERT LAWRENCE CATHOLIC ACADEMY TRUST

GENERIC RISK ASSESSMENT FOR EXPECTANT AND NURSING MOTHERS

Establishment Name:	Assessment Date:
Name of Person Assessed:	Age/Year:
Position:	Expected Date of Delivery:
Name of Assessor 1: (Manager, Teacher, Parent)	Name of Assessor 2:
Signature:	Signature:

Each Department would need to look at what the expectant/nursing mother does and the hazards that are applicable to that area. The assessment should be reviewed periodically during pregnancy, for six months after the birth and throughout breastfeeding. Especially, if there is a significant change in the health and condition of the expectant/nursing mother or her unborn child.

The expectant/nursing mother should not:

- be asked to lift “heavy” loads.
- have contact with pupils or adults known to be carrying an infectious disease, such as rubella, chicken pox, shingles, scabies, etc until at least seven days after the infection has cleared.

The expectant/nursing mother is advised to keep the establishment management informed of any changes to her condition or that of her unborn child.

The aim of a generic risk assessment is to provide general information on the type of hazards expectant/nursing mother (as well as others who may use the facilities) are exposed to. The list given is by no means an exhaustive one. Hazards which are not listed but are specific to your work areas/methods should be recorded on the attached assessment form.

Signed and Accepted by the Expectant/Nursing Mother in School:

Signed and Accepted by the Parent/Guardian (*where applicable*):

Signed and Accepted by the Headteacher/Manager:

Review Dates

<i>Date</i>	<i>By whom</i>

'H' = High Risk

'M' = Medium Risk

'L' = Low Risk

Hazard/Activity Observed	Hazard Effect	Control Measures to be implemented School to adapt measures as appropriate	Distinguish Generic Measure ✓ <i>if in place</i> × <i>if not</i>	Risk Rating with Controls H, M or L	Enter who will be responsible for implementing Control Measures Add any additional controls needed	Risk Rating with added Controls H, M or L
Prolonged standing. Mental and physical fatigue Poor posture	Dizzy spells and fainting Back strains Premature birth, low birth weight and miscarriage.	Arrange rest areas and rest rooms to enable expectant/nursing mother to use them. Provision to take a rest period as and when required. (Short regular rests would probably be more beneficial than longer rests taken when feeling tired). Avoid stooping over low tables. Use appropriate chairs at the appropriate height.				
Stress	Anxiety or depression Impaired ability to breastfeed. Miscarriage	Provide the expectant/nursing mother with the necessary understanding and support. Provision to take a rest period as and when required. (Short regular rests would probably be more beneficial than longer rests taken when feeling tired). Ensure privacy is also respected.				
Violence and aggression	Physical/emotional injury Miscarriage, premature delivery and underweight birth, and it may affect the ability to breastfeed	As far as is reasonably practicable the expectant/nursing mother should not be exposed to pupils or others with known violent tendencies.				

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Combustible material Ignition source	Fire – Physical injury, miscarriage Damage to the foetus	Areas are kept clear of obstructions and rubbish is removed before it is allowed to build up. Flammable items are not stored near to ignition sources. Items are not stored on fire escape routes, in front of exits, fire alarm points or fire fighting equipment.				
Use of electrical equipment	Electrocution – Physical injury, miscarriage	Expectant/nursing mother to visually inspect equipment before use. Appropriate maintenance/testing procedures are in place.				
Trailing cables	Physical injury - tripping and falling onto an object or floor Entanglement	Provision of sufficient sockets to avoid need for long cables. Proprietary cable covers used where necessary. Avoid routing cables in walkways or where they could be damaged, eg adjacent to doors.				

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<p>Poor housekeeping</p> <p>Lack of adequate access/egress to/from and around the classroom area</p>	<p>Physical injury, miscarriage</p> <p>Slips, trips, falls</p>	<p>Expectant/nursing mother to wear suitable footwear and use designated walkways to all classroom and destination points.</p> <p>Coats and bags are stored in the cloakroom and not on classroom floor.</p> <p>Classrooms and walkways are kept clear of obstructions and rubbish is removed before it is allowed to build up.</p>				
<p>Work/undertake activity at height</p>	<p>Fall – Physical injury, miscarriage</p>	<p>No working or undertaking activity at height.</p>				
<p>Movement of staff and pupils around the school</p> <p>Congestion points</p>	<p>Contact - Physical injury, miscarriage</p>	<p>Expectant/nursing mother to move around the school at appropriate times to avoid known congestion points and times where there is likely to be physical contact with staff, pupils and articles being carried.</p> <p>Expectant/nursing mother issued with a pass to leave classroom</p> <p>Expectant/nursing mother to start/leave premises earlier/later to avoid congestion on public transport.</p>				

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Playground duty	Contact - Physical injury, miscarriage. Slips, trips, falls	Personal positioning, in a designated safe area. Expectant/nursing mother is provided with appropriate means to call for assistance. Expectant/nursing mother not work in extreme weather where this could pose a risk to herself/unborn child.				
Moving and handling of paper, books, equipment, eg play equipment etc	Physical injury, miscarriage	Advice sought from Doctor/Midwife. Expectant/nursing mother not to lift "heavy" loads.				
Restrictive clothing/ uniform	Restrict breathing Uncomfortable	Expectant mother should avoid restrictive clothing. Suitable uniforms/protective clothing provided as required.				
Passive smoking	Poses a risk to the infant's health	The establishment has a 'No Smoking' policy. Draw up a smoking policy which gives priority to the needs of non-smokers. Arrange rest areas and rest rooms to enable expectant/nursing mother to use them without experiencing discomfort from tobacco smoke.				

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Prolonged exposure to loud noise	Damage to the foetus, increased blood pressure and tiredness	Ensure noise levels are regulated.				
Extreme of heat or cold	Damage to the foetus	Ensure temperatures levels are regulated and are adequate for the task.				
Working /resting alone	Lack of appropriate support	<p>Lone working/study is avoided.</p> <p>A procedure is established for checking in on the expectant/nursing mother.</p> <p>Expectant/nursing mother is provided with an appropriate means of communication (eg telephone, mobile phone, 2 way radio or phone cards or similar) and be made aware of any known mobile telephone/radio "dead zones" where equipment will not transmit or receive signals.</p> <p>Expectant/nursing mother has agreed to use her own mobile phone.</p> <p>Communications equipment is appropriately maintained and is checked to ensure that it is functioning correctly.</p>				

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Use of display screen equipment	Eyestrain Poor posture Stress and anxiety	<p>Review/undertake the Display Screen Equipment assessment.</p> <p>Provision of adequate rest and refreshment breaks alongside unrestricted access to drinking water.</p> <p>Note:</p> <p>The HSE is aware that anxiety about radiation emissions from display screen equipment and possible effects on pregnant women used to be widespread. However, there is substantial evidence that these concerns are unfounded. The HSE has consulted the National Radiological Protection Board,</p> <p>National Radiological Protection Board does not consider such levels to pose a significant risk to health. No special protective measures are therefore needed to protect the health of people from this radiation.</p>				
Driving	Poor Posture Access to welfare facilities Breakdown	<p>Journeys kept to a reasonable length.</p> <p>Stop points and breaks planned into the route.</p> <p>Car serviced and road legal.</p> <p>Mobile phone carried with sufficient credit..</p>				

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Hazardous substances	Burns, skin irritation, respiratory problems Damage to the foetus Miscarriage	Ensure COSHH assessments have been carried out that take into account an expectant/nursing mother and their unborn child. Appropriate personal protective equipment if required must be readily available and used. Ensure incompatible substances are not stored together. Exclude the expectant/nursing mother from certain activities.				

Certain chemicals can affect an expectant/nursing mother and their unborn child. Any chemicals which may be used by the expectant/nursing mother or which the expectant/nursing mother may come into contact with must be completely COSHH assessed taking into account the expectant/nursing mother condition.

This may exclude the expectant/nursing mother from certain activities further details must be sought from CLEAPSS for Science related chemicals

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Establishment Identified Risks for Expectant and Nursing Mothers:-

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