



WORK INSTRUCTIONS FOR PREGNANT AND BREAST FEEDING

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Work instruction
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USE OF CHEMICALS

- Pregnant and breastfeeding must not be exposed to chemotherapy, anesthetic gases and chemicals that can damage the unborn child:
 - H360D May damage the unborn child
 - H361d Suspected of damaging the unborn child
 - H362 May cause harm to breast-fed children
- If a risk assessment shows that one can be exposed to carcinogenic, mutagenic or fertility harmful chemicals, the pregnant woman must not work with these chemicals:
 - H340 May cause genetic defects
 - H350 May cause cancer
 - H351 Suspected of causing cancer
 - H360F May damage fertility
 - H361f Suspected of damaging fertility
- Pregnant and breastfeeding women must also be very careful, and must be able to choose and not work with substances that are labeled as hazardous:
 - H300 Fatal if swallowed
 - H310 Fatal in contact with skin
 - H330 Fatal if inhaled
 - H370 Causes damage to organs
 - H371 May cause damage to organs
 - H372-373 Causes/ may cause damage to organs through prolonged or repeated exposure
- Separate work instructions must be prepared for working with medicines.

USE OF IONIZING SUBSTANCES

- Pregnant women **must not** perform work with ionizing radiation that exposes the fetus to doses exceeding 1 mSv during the pregnancy.
- Pregnant women must be able to choose not to work with ionizing radiation even if there is no danger of reaching the dose limit.

WORK ENVIRONMENT GENERAL

- If a risk assessment shows that the pregnant woman may be exposed to hazardous chemicals in the work environment, the pregnant woman must, in agreement with the immediate supervisor, be able to choose and not work in an environment with possible exposure.
- The Norwegian Labor protection agency: "The working environment should not be an additional risk to the general environmental pollution most people are exposed to."

GENERALLY

In an assessment of the risk of working with substances that can be harmful to pregnant women and breastfeeding, the individual woman's needs must be taken into account, and the assessment must be based on the woman's total situation. It is important to carry out a risk assessment in each individual case, and if employers feel insecure, they can contact the Occupational health services. The risk assessment should include an assessment of the inherent properties of the chemicals, how the work is performed, and whether proper and adequate protective equipment is used (fume hood, gloves, respirator, etc.). Pregnant and breastfeeding woman must under no circumstances be put to work when the risk assessment shows that work may cause exposure to carcinogenic, mutagenic or fertility harmful chemicals.