



WORK INSTRUCTIONS FOR PREGNANT AND BREASTFEEDING

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Work instruction
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USE OF CHEMICALS

- Pregnant and breastfeeding should not be exposed to cytostatics and anesthetics. If a risk assessment shows that one can be exposed to carcinogenic, mutagenic and reproductive toxic substances (CMRA chemicals, see risk and hazard statements in the table below), the pregnant should be relieved of this type of work. See separate working instructions for pregnant and breastfeeding.

H360F	May damage fertility.	R60	May impair fertility
H360D	May damage the unborn child	R61	May cause harm to the unborn child
H361f	Suspected of damaging fertility	R62	Possible risk of impaired fertility
H361d	Suspected of damaging the unborn child	R63	Possible risk of harm to the unborn child
H362	May cause harm to breast-fed children	R64	May cause harm to breastfed babies

- Pregnant and breastfeeding should also be very cautious and be able to choose not to work with substances that are marked with hazard statements like:

H330	H310, H300. Fatal if inhaled, in contact with skin and if swallowed.	R26	R27, R28. Very toxic by inhalation, in contact with skin and if swallowed
H350	May cause cancer	R40	Possible risk of irreversible effects
H351	Suspected of causing cancer	R45	May cause cancer
H340	May cause genetic defects	R46	May cause heritable genetic damage

- Work instructions for working with pharmaceuticals must be developed.

USE OF IONIZING COMPOUNDS

- Pregnant shall not perform work with ionizing radiation which exposes the fetus to doses exceeding 1mSv during pregnancy.
- Pregnant may choose and not be exposed to ionizing radiation even if there is no risk for achieving the dose limit.

GENERAL

In an assessment of the risks of working with substances that can be harmful to pregnant and breastfeeding account shall be taken of the individual woman's needs, and the assessment will be based on the woman's overall situation. An assessment of the risks mentioned above, require special skills, and employers should therefore benefit from company health service or other expert competence. Prevention of reproductive damage caused by harmful factors in the work environment occurs primarily by that one totally is attempting to prevent reproductive damaging factors present in the working environment at UiB. If it is impossible to avoid this, one must try to protect workers in the best possible way against the harmful influences using appropriate protection and safety measures. Pregnant and nursing employees should under no circumstances be put to work when the risk assessment indicates that the work may involve risk of genetic damage.