

Risk Assessment (APV) form for pregnant and breastfeeding employees

Responsibility according to the pregnancy policy of the Faculty of Science

The Head of Department is responsible for the planning and implementation of the pregnant employee's work so that there is no risk of danger to the health of the pregnant employee/fetus. As soon as the Head of Department - or others - is notified that an employee is pregnant or breastfeeding, an individual written risk assessment, APV (Pregnancy APV) should be completed. The pregnant employee should complete this APV in collaboration with the workplace representative and the responsible research leader, the laboratory supervisor.

Help and guidance can be provided by the Health and Safety Group, SDU's health and safety consultant, advisers, occupational health clinic etc. Work tasks which involve risk factors may not be carried out before they have been assessed and found to be safe. If this cannot be guaranteed, the pregnant/breastfeeding employee may not carry out the work.

Registration

Name of employee	
Department/Section	
Group	
Head of Department	
Regular laboratory supervisor	
Health and safety representative	
Proposed solution prepared by	
Date	

Ergonomic conditions

Your answers should take all of your workplaces into account (e.g. office, laboratory, technical room, workshop, teaching classroom, fieldwork)

Does your work involve strenuous positions, repetitive work, heavy lifting or pushing?

yes no

If yes, is the problem related to:

- Sedantary work with limited options for varying work position
- Standing work with limited options for varying work position
- Long periods of strenuous repetitive work movements; static muscle work
- Strenuous working positions, such as twisting and stretching
- Lack of knowledge about good and varied work positions
- Heavy lifting
- Frequent lifting
- Long periods of lifting and carrying
- Pushing and pulling heavy objects
- Other

Description of problem:

Proposed solution:

Chemical and biological effects

Your answers should include all your work functions (e.g. laboratory work, practical work, service function)

Do you work with chemical or biological agents?

yes no

If yes, is the problem related to:

- Work with chemicals marked R39, R40, R45, R46, R48, R49, R60, R61, R62, R63, R64, R68, H340, H341, H350, H350i, H351, H360, H361, H362, H370, H371?
- Work with hormone disruptors?
- Work with airborne substances or organic solvents?
- Work with lead or lead compounds?
- Work with anaesthetic or asphyxiating gases?
- Work with pesticides or heavy metals?
- Work with radioactive chemicals?
- Work with biological agents? E.g. blood and tissue samples

If you answer yes to any of the points above, a chemical (APV) risk assessment of your work tasks should be completed.

The form is available from Kemibrug or on page 5 of this Pregnancy APV

REMEMBER:

Take special care with teratogenic chemicals.

Avoid repetitive handling of objects over 12 kg.

Do not lift more than 1000 kg per day.

Lift only when conditions are optimal.

Alternate between work that involves sitting, standing and walking. Avoid standing and walking too much.

Practice variation and relief in line with the growth of the stomach.

Avoid unnecessary strain when carrying, pulling and pushing.

Avoid handling objects over 5-6 kg.

Do not lift over 500 kg per day.

Lift only when conditions are optimal.

Take extra rest breaks as required.

Remember to put your feet up.

Important R & H Statements:

- R39: Danger of very serious irreversible effects
- R40: Limited evidence of a carcinogenic effect
- R45: May cause cancer
- R46: May cause inheritable genetic damage
- R48: Danger of serious damage to health by prolonged exposure
- R49: May cause cancer if inhaled
- R60: May impair fertility
- R61: May cause harm to the unborn child
- R62: Possible risk of impaired fertility
- R63: Possible risk of harm to the unborn child
- R64: May cause harm to breast-fed babies
- R68: Possible risk of irreversible effects
- R21: Harmful in contact with skin.
- R24: Toxic in contact with skin.
- R27: Very toxic in contact with skin.
- R39/24: Toxic, danger of very serious irreversible effects in contact with skin.
- R39/27: Very toxic, danger of very serious irreversible effects in contact with skin
- R48/21: Dangerous, serious damage to health by prolonged exposure in contact with skin.
- R48/24: Toxic, serious damage to health by prolonged exposure in contact with skin.
- R68/21: Dangerous, possible risk of irreversible effects in contact with skin.
- H340: May cause genetic defects.
- H341: Suspected of causing genetic defects.
- H350: May cause cancer.
- H350i: May cause cancer if inhaled.
- H351: Suspected of causing cancer.
- H360: May damage fertility or the unborn child.
- H361: Suspected of damaging fertility or the unborn child.
- H362: May cause harm to breast-fed children.
- H370: Causes damage to organs.
- H371: May cause damage to organs.
- H310: Fatal in contact with skin.
- H311: Toxic in contact with skin.
- H312: Harmful in contact with skin.
- H370 Causes damage to organs.
- H371: May cause damage to organs.
- H372: Causes damage to organs through prolonged or repeated exposure.
- H373: May cause damage to organs through prolonged or repeated exposure.

Chemical Risk Assessment

*Description of the
work area covered by
the risk assessment - e.g. research in
organic polymers, practice course no. xxxx,
name of process, course,
etc.*

Date: _____

Issued by: _____

Responsible chemist (signature): _____

DESCRIPTION OF WORK PROCESS

The description can take the form of a flow diagram of the process - i.e. division into logical sub-processes.

CHEMICALS

List chemicals used here.

SIGNIFICANT DANGER FROM CHEMICALS

Only the most dangerous substances should be included - the substance's dangerous characteristics and type of exposure should be described - e.g. toxic if inhaled, causes cancer in contact with the skin and flammable. The amount should be indicated if significantly different from ordinary laboratory work.

SIGNIFICANT DANGER FROM WORK PROCESS

e.g. lasers, vacuum, mixing of chemicals, other equipment - e.g. glass equipment used for vacuum with risk of explosion.

RISK OF EXPOSURE

Evaluate the real risk in relation to the work process. That chemicals are dangerous if inhaled does not mean there is a risk of inhalation during a particular work process. Consider where in the work process the relevant risk is present - whether it is during the whole work process or only in a sub-process.

SUBSTITUTION OPTIONS

Account for what has been tried and considered in relation to substitution of dangerous chemicals or work processes. Remember that substitution also includes using small amounts instead of large amounts.

NECESSARY SAFETY PRECAUTIONS	
Ventilation	Fume cupboard: Fume extractor: LAF Cabinet: Other: Is the specified equipment required throughout the entire work process or only in parts? Describe:
Chemical protection gloves (indicate approximate breakthrough time if possible)	Type: Breakthrough time: Is the specified equipment required throughout the work process or only in parts? Describe:
Other personal protective equipment	Overalls: _____ – Safety glasses: _____ Breathing equipment (indicate filter) _____ Special footwear (indicate type) _____ Other _____ Is the specified equipment required throughout the work process or only in parts? Describe:
Other safety precautions	Special heat source with fire hazard: _____ Other: _____
Special emergency equipment	Special fire extinguishers: _____ Antidote (if applicable) _____ Other _____

<p><i>Special education/training or instruction:</i></p>	<p>Statutory education/training: _____</p> <p>Instruction in the use of particularly hazardous equipment:</p> <p>Other:</p>
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WHAT SHOULD BE DONE IN THE EVENT OF AN ACCIDENT OR SPILLAGE?

*Describe here the action to be taken in the event of a **relevant** accident, clean-up and removal of spillages, accident information procedures, etc.*

WASTE

Instructions for labelling waste canisters – which waste group, UN number, etc. – optional short description detailing that the waste will be delivered to the chemical waste representative (name).

PREGNANT AND BREASTFEEDING EMPLOYEES

Is the work process/area safe for pregnant and breastfeeding employees??

Yes _____ reason: _____

No _____ reason: _____

PROPOSALS FOR IMPROVEMENTS TO SAFETY:

This point is intended to provide input for an overall APV for the department/section.