

### Where to Ask When You're in Doubt

If questions arise regarding your working environment as a pregnant or breastfeeding woman, you are always welcome to contact:

- Your immediate manager
- [Your Working Environment Group](#)
- TEK Senior Consultant for Working Environment

Find the link to the working environment organisation here: [sdunet.dk/tek/safety](http://sdunet.dk/tek/safety)

### References

See also "Lab Policy for Future, Expecting, and New Parents at TEK" and the guideline from the Danish Working Environment Authority: "Gravides og ammendes arbejdsmiljø":

[sdunet.dk/tek/safety](http://sdunet.dk/tek/safety)

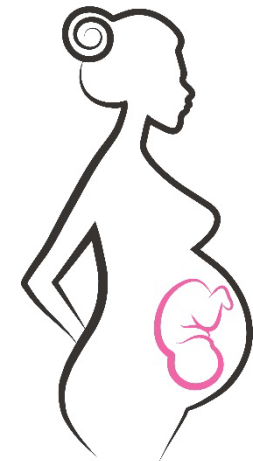
<http://www.gravidmedjob.dk>

<https://at.dk/regler/at-vejledninger/gravides-ammendes-arbejdsmiljoe-a-1-8/>



THE FACULTY OF ENGINEERING

# Congratulations on Your Pregnancy



September 2023

### **Congratulations on Your Pregnancy**

Expecting a child is a life event which is associated with great joy and expectations. Most women want to continue working or studying for as long as possible during pregnancy. TEK wants to contribute to you also having a positive experience at work during pregnancy. This leaflet is intended as a tool which may give you an idea of what you should be aware of regarding pregnancy and work/study.

### **Chemical, Biological and Ergonomic Influences**

The first third of pregnancy is the most vulnerable period. Therefore, you must pay particular attention if you work with substances with the following hazard phrases:

- H310 Fatal in contact with skin.
- H311 Toxic in contact with skin.
- H312 Harmful in contact with skin.
- H340 May cause genetic defects.
- H341 Suspected of causing genetic defects.
- H350 May cause cancer.
- H350i May cause cancer by inhalation.
- 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.
- H372 Causes damage to organs through prolonged or repeated exposure.
- H373 May cause damage to organs through prolonged or repeated exposure.

or

- Carcinogens.
- Hormone disruptors.
- Airborne substances or organic solvents.
- Lead or lead compounds.
- Pesticides.
- Heavy metals.

- Anaesthetic or asphyxiating gases.
- Chemicals that are absorbed through the skin.

You must also generally avoid working with experimental animals, and be extra careful with lifting, pulling, pushing, and carrying, especially repetitive lifting. See more detailed information in "Lab Policy for Future, Expecting, and New Parents at TEK".

### **When You Get Pregnant**

To ensure that your work/study can be organised in the best possible way, we encourage you to inform about your pregnancy as soon as you have established that you are pregnant. It is not a requirement, but as soon as the pregnancy is known, a risk assessment of your daily work must be carried out. You are obliged to cooperate in ensuring your own and your child's health.

If you want the pregnancy to be kept confidential until you are further along in the pregnancy, you can agree this with your manager.



### **The Shared Responsibility to Ensure a Good Workplace**

The work must be organised so that it can be performed completely safe in terms of health.

When you are pregnant, it must be assessed whether you are exposed to influences at work/study that may affect your pregnancy.

This means that you must have a dialogue with your manager/supervisor to find out if there is any part of your work that you cannot carry out as you usually do, because it could involve a danger to your pregnancy. You must ensure that the effects are removed or reduced, and some tasks may have to be completely avoided, so that you can safely stay at work/at your studies for as long as possible during your pregnancy.

