School of Biochemistry & Immunology,

Trinity College Dublin

**Health and Safety Action**

# Pregnancy or Lactation Register 2015

The Safety, Health and Welfare at Work Act, 2005 [Pregnant Employees Regulations, SI No. 218 of 2000 and The Safety, Health and Welfare at Work (General Application) Regulations SI No. 299 of 2007, Part 6, Chapter 2, Protection of Pregnant, Post Natal and Breastfeeding Employees (the Pregnancy Regulations)] requires female employees who either know or who believe themselves to be pregnant to declare their pregnancy to their employer as soon as possible so that a risk assessment can be performed taking account of the new circumstances. Exactly the same procedure must be undertaken when a mother is proposing to breastfeed her infant. This Form is the start of an initial risk assessment process once pregnancy/lactation has been declared to the PI & Safety Officer. The final written risk assessment has to be completed by the PI (or Head) once pregnancy/lactation has been declared to the PI (or Head).

Name:  Staff/Student I.D. No.:

Category of personnel:

Staff:

Undergraduate:

Postgraduate:

Research Fellow:

Other:

Supervisor/PI:

Date of pregnancy declaration:

1: Preliminary identification of hazards directly associated with your present work:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hazard** | Biological Agents | Ionising radiation | Chemical | Lifting loads | VDU | Non-ionising radiation | Experimental Animals | Noise | Physical shocks | Vibration | Posture  & Movement | Thermo  Regulation | Human Materials | High Pressure |
| **Yes** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **No** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Other, not listed?

2: List hazards presented by work activities of close colleagues:

3: Detail existing controls used in your own work with these hazards:

4: Do you believe that existing controls are adequate and sufficient? Yes/No

If ‘No’ then what needs to be changed, in your view?

5: Do you anticipate any change in your (or that of close colleagues) work patterns over the coming 9 months that might have a bearing on your safety and health? Yes/No

If ‘Yes’, then what is likely to change, in your view?

6: Are you ever in a ‘lone-worker’ situation at present? Yes/No

If ‘No’, is it likely you may be so in next 9 months?

7: Do you have suitable and comfortable seating in your lab or office? Yes/No

8: Do you have to spend more than one hour per day using a computer or instrument driven by a microprocessor? Yes/No

9: When do you propose to inform your Supervisor (or Head) of your condition?

Signature School Safety Officer

**Rest facilities**

Please note that the Regulations state under Ch. 1 “**Pregnant, postnatal and breastfeeding employees” Section # 24.** An employer shall ensure that pregnant, postnatal and breastfeeding employees are able to liedown to rest in appropriate conditions.

Pregnancy Regulations (2016). HSA guidelines

<https://www.hsa.ie/eng/Publications_and_Forms/Publications/Retail/Gen_Apps_Pregnant_Post_Natal.pdf>

<https://www.hsa.ie/eng/Publications_and_Forms/Publications/Safety_and_Health_Management/Section_6_Pregnancy_at_Work.pdf>

‘Working safely with ionising radiation: Guidelines for expectant or breastfeeding mothers’ brochure (HSE, UK. 2015) available at <https://www.hse.gov.uk/pubns/indg334.pdf>

‘A Guide for New and Expectant Mothers Who Work’ (HSE, UK. 2013) available at

<https://www.hse.gov.uk/pubns/indg373.pdf>

Working with VDUs flyer (HSA)

Pregnancy Lactation Register 2020