Pregnancy Planning for Faculty and Staff

If you are pregnant or planning to conceive, you undoubtedly want to take all reasonable measures to support a healthy pregnancy. Many factors contribute to a healthy pregnancy, including nutrition, overall health, family history and limiting exposures to hazardous activities and materials, both at home and in the workplace. The following is a collection of guidelines and resources that may serve as a toolkit when planning for pregnancy in the workplace.

Ideally, talk to your FAMILY DOCTOR 12 months before planning to conceive.

RESEARCH the biological, chemical, physical and any other risk factors that may be present in your workplace. Attention should be paid to reproductive toxins, particularly those suggesting teratogenicity, mutagenicity and cell-modifying capabilities. Other risks may include heavy lifting and ionizing radiation.

Talk to your SUPERVISOR as early as possible about your pregnancy. The timing of this discussion is up to you, insofar as you are able to perform your regular job duties. If a workplace accommodation is needed, the best outcomes are the result of early and open discussion and collaboration between the worker and their supervisor.

RESOURCES may include Materials Safety Data Sheets (MSDS), HealthlinkBC publications and Public Health Agency (PHAC) guidelines.

You may be interested in an appointment with the OCCUPATIONAL & PREVENTIVE HEALTH UNIT, for confidential advice from the Occupational Health Nurse and/or Physician.

For guidance on alternative work practices for the use of hazardous materials, or for more information on worksite specific concerns, contact RISK MANAGEMENT SERVICES.

For complex health concerns that may require a workplace accommodation, you may be interested in the services of a Case Coordinator through WORKPLACE HEALTH SERVICES.