

New and Expectant Mothers Risk Assessment Checklist

Use this checklist, based on HSE guidance, for new and expectant mothers to ensure you manage health and safety risks effectively.

For support in carrying out a more detailed assessment, please contact the Health, Safety and Welfare Team by e-mailing: safetyadvice@gov.im

Department:

Address:

Checklist: New and Expectant Mothers' Risk Assessment			
Job Characteristics	Yes / No (if yes add job description)	Control Measures in Place	Additional Control Measures Recommended
Physical Demands			
Lifting and carrying?			
Bending or standing for long periods?			
A lot of walking?			
Using Stairs frequently?			
Accessing limited space?			
Agility/dexterity required?			
Regular use of computer?			
Travel?			
Comment:			
Mental Demands			
Challenging deadlines?			
Emotional demands?			
Comment:			
Working Conditions			
Easily accessible toilets?			
Able to take toilet breaks when needed?			

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Able to take rest breaks when needed?			
Risk of violence or aggression?			
Does fire escape require assistance?			
Is room temperature reasonable?			
Is ventilation effective?			
Is seating of suitable support and height?			
Specific Hazards of Role, for example:			
Exposure to infectious diseases such as rubella, chicken pox, measles & parovirus (slapped cheek syndrome).			
Use of hazardous chemicals			
Contact with animals (Pregnant women should avoid contact with ewes and new born lambs)			
Ionising radiation – particularly unsealed sources.			
Biological agents which may be used in laboratories			
Contact with lead			
Working with Display Screen Equipment. Has the employee had a desk side assessment carried out recently to discuss how to adjust			



the workspace for comfort?			
Does the employee work alone?			
Does the employee work from home/remote locations?			
Comments			
Individual's Health and Welfare			
Pre-existing medical conditions?			
Specific advice received from medical practitioners?			
Mental health?			
Do you need to consider a personal emergency evacuation plan for the workplace? Review this response on a regular basis.			
Are rest facilities on site?			
Other matters which may affect employment?			
Comments			

Assessment Completed:	
Date:	
Signed:	Line Manager
Signed:	New or Expectant Mother

Actions Agreed	Date Actions Completed
1.	
2.	





3.	
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Assessment Reviewed:	
Date:	
Signed:	Line Manager
Signed:	New or Expectant Mother

