

Pregnant worker FAQ

- It's strongly recommended that you talk with our CHSS Senior Occupational Hygienist, once you discover that you are pregnant. They can help address any questions or concerns that you may have about chemical or biological agents that you work with and in partnership with the Research Biosafety Officer perform a confidential risk assessment
- Talk to our CHSS Ergonomist about an evaluation. An ergonomic evaluation will help address poor habits and any necessary changes for healthier working environment and increased productivity throughout the length of your pregnancy and beyond
- You do not have to tell your Supervisor that you are pregnant, although bear in mind that if you want to take maternity leave, Canada's Labour Code says that you must tell your employer that you are pregnant and give four weeks' notice in writing before starting maternity leave.
- Non-slip stools if you need to reach shelves
- Support stockings (hoses) recommended if you're on your feet a lot
- Let funding agencies know you are pregnant. Some agencies will allow you to take paid maternity leave, but need to be informed for this to happen
- Be an advocate for yourself! Take time to learn about the potential risks and hazards of your day-to-day work and ask questions