

Pregnant worker FAQ

- Staff are strongly recommended to review the biological agents and SDSs of all the chemicals that they use. They should inform their manager/PI of any safety concerns related to existing work practices.
- If safety concerns cannot be resolved, staff and/or managers can forward concerns to [WHSW](#) Safety Specialist and Biosafety Officer, who will work together to develop a plan.
- In some cases, if work activities and conditions may need to be modified, then staff have to report to [WHSW](#) and an ability specialist will follow up.
- Talk to our [WHSW](#) 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.
- Non-slip stools if you need to reach shelves.
- Support stockings recommended if you are on your feet a lot.
- 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 Labor Code says that you must tell your employer that you are pregnant and give four weeks' notice in writing before starting maternity leave.
- 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.