| **Hazards** | **Is the hazard present?**  **Y/N** | **What is the risk?** | **Risk rating**  **H = High**  **M = Medium L = Low** | **Control measures** | **Is this control in place?**  **Y/N** | **If no, what actions are required to implement the control?** | **Person responsible** | **Date action completed** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Contact with chemical agents |  | Harm to the unborn child or breastfed babies | H | Pregnant, post-natal, or breastfeeding women are not exposed to chemical substances labelled: R40, R45, R61, R63 and R64, particularly where exposure levels are above a level which might cause harm |  |  |  |  |
| Contact with biological agents |  | Infection | H | If there is a risk of exposure to a highly infectious agent, pregnant, post-natal or breastfeeding women must avoid exposure (Agents are listed in the Biological Agents Regulations 1994 and 1998) |  |  |  |  |
| Long periods standing, movement or postures which are abrupt or severe or give rise to excessive fatigue |  | Varicose veins  Fatigue (mental and physical) | M | Pregnant, post-natal or breastfeeding women should have provision to sit whilst completing work activities  Access to facilities to rest in appropriate conditions is ensured |  |  |  |  |
| Pushing/ pulling/ carrying heavy or awkward items |  | Manual handling induced injury |  | Pregnant, post-natal and breastfeeding women are not required to lift, push or pull awkward or heavy items.  [**See Manual Handling - Template No. 13**](https://www.hsa.ie/eng/education/managing_safety_and_health_in_schools/new_guidelines_files/ms_word_files/manual-handling-no-13.docx) |  |  |  |  |

If there is one or more **High Risk (H)** actions needed, then the risk of injury could be high and immediate action should be taken.

**Medium Risk (M)** actions should be dealt with as soon as possible. **Low Risk (L)** actions should be dealt with as soon as practicable.

Risk Assessment carried out by: Date: / /

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