

Pregnancy & Work

The first few weeks of a pregnancy are very important to the baby. Most women do not know they are pregnant for several weeks. By planning ahead you can avoid putting your baby at risk. Be as healthy as possible before you try to get pregnant, and ask about possible risks at work and at home.

Questions You May Have:

- Will my work harm my baby?
- Can I lift heavy things?
- Can stress harm my baby?
- How can I find out about risks at work?
- What can I do to reduce risks at work?
- Are computers harmful during pregnancy?

Things You Can Do:

- Find out about the chemicals you use at work.
- Try not to get too tired or too hot.
- Avoid lifting, pushing, pulling or carrying.
- Keep healthy snacks handy and drink enough fluids.
- Go to the bathroom often.
- If you stand at work, sit with your feet up when possible.
- If you sit at work, stand, stretch and move around when you can.

Ask your workplace and health care provider for more information about work and pregnancy.

**best start
meilleur départ**

Ontario's maternal, newborn and early
child development resource centre
Centre de ressources sur la maternité,
les nouveau-nés et le développement
des jeunes enfants de l'Ontario



Ontario
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