

RISK ASSESSMENT SHEET – Site Risk Register				
Prepared for:	Russell Cawberry Ltd	Site Location		
NEM Name:		Emergency Contact No:		
Job Role & tasks:				
Expected date of delivery: (expectant mothers only)		Actual date of birth: (new mothers only)		
Any health / wellbeing issues:				
Completed by		Initial assessment date:		



ACTIVITY	PERSON AT RISK	SIGNIFICANT HAZARDS	RISK			RISK CONTROL MEASURES	RESIDUAL RISK		
			L	S	DR		L	S	DR
Manual handling	New and expectant mothers	Postural problems through excessive manual handling operations may increase as pregnancy progresses	3	3	9	<ul style="list-style-type: none"> <li>All manual handling tasks to be re-assessed for New and expectant mothers</li> <li>The nature of the tasks may need to be altered to reduce the risk of injury.</li> <li>The amount of physical work to be reduced accordingly and lifting aids to be provided.</li> <li>Any specific recommendations from a GP to be observed.</li> </ul>	1	3	3
Work where there is a risk of exposure to shocks, vibration or sudden movements	As above	Regular exposure can increase risk of miscarriage. Long-term exposure to vibration may lead to risk of premature birth or low birth weight	3	3	9	<ul style="list-style-type: none"> <li>Work likely to involve uncomfortable whole-body vibration to be avoided, especially at low frequencies and also, where the abdomen is exposed to shock or jolts.</li> </ul>	1	3	3
Working at Height	As above	Risk of falls from height injuries that may harm or cause ill-health etc. to new and expectant mother	2	3	6	<ul style="list-style-type: none"> <li>Expectant Mother advised not to undertake any activities which include working from height. Seek assistance if required</li> </ul>	1	3	3

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<b>Work activities causing mental and physical fatigue</b>	New and expectant mothers	Fatigue caused by excessive standing and/or by physical work may lead to miscarriage, premature birth or low birth weight	3	3	9	<ul style="list-style-type: none"> <li>Hours of work and type of work activity should be reviewed to minimise the risk.</li> <li>New and expectant mothers should have some control over their work patterns.</li> <li>Seating to be provided where possible and additional rest breaks should be considered.</li> </ul>	1	3	3
<b>Continuous Standing or Continuous Sitting</b>	As above	Continuous Standing may lead to dizziness, faintness and fatigue. Continuous Sitting may lead to thrombosis, embolism and increased back ache.	3	4	12	<ul style="list-style-type: none"> <li>Advised to take regular breaks to promote a healthy circulation from monotonous tasks being carried out in sedentary or standing position to avoid tiredness.</li> <li>Adopt correct posture when standing or sitting to reduce the strain on muscles.</li> </ul>	1	4	4
<b>Work Related Stress</b>	As above	Individual vulnerable to stress due to hormonal, psychological and physiological changes during pregnancy	2	3	6	<ul style="list-style-type: none"> <li>Advised to speak with management if feeling anxious or stressed.</li> <li>Monitoring and reduction of risks in relation to work demands, relationships with colleagues/ manager and requirements of the role.</li> </ul>	1	3	3
<b>Welfare and Hygiene Facilities</b>	As above	Lack of toilet facilities may lead to an increased risk of infection and kidney disease.	2	3	6	<ul style="list-style-type: none"> <li>Access to toilets to protect against risk of infection and kidney disease</li> <li>Provision of easy access to toilet facilities and more frequent breaks from work activity Consideration should be given to providing access to quiet area where the individual can rest as necessary</li> <li>Agree provision of suitable rest facility as necessary</li> </ul>	1	3	3
<b>Inappropriate Nutrition</b>	As above	Lack of nutrition and liquid refreshment can affect the health of the expectant mother and her child.	3	3	9	<ul style="list-style-type: none"> <li>Able to take breaks and eat and drink as required.</li> </ul>	1	3	3

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			L	S	DR		L	S	DR
<b>Working in extremes of heat and cold</b>	New and expectant mothers	Pregnant women may be more susceptible to heat stress and breast-feeding may become impaired	3	3	9	<ul style="list-style-type: none"> <li>New and expectant mothers not to be placed in areas where temperatures are either too hot or too cold.</li> <li>Additional rest and refreshment break to be provided.</li> <li>Individual may require access to fresh air for periods during the working day. Individual to have ready access to fresh drinking water.</li> <li>Provision of equipment to provide local heating / cooling as necessary</li> </ul>	2	3	6
<b>Travelling by car on company business</b>	As above	Travelling in the course of work can be problematic for expectant mothers and have a significant effect on health.	3	3	9	<ul style="list-style-type: none"> <li>Advised to take regular breaks if driving for long periods to avoid excessive fatigue.</li> <li>When driving, place lap belt on thighs, beneath large abdomen and over the pelvis, not on the bump. Belt to be worn as tight as possible so any sudden impact can be absorbed by the body's frame.</li> <li>May travel alone.</li> <li>A mobile phone to be provided and can be used when travelling on company business.</li> </ul>	2	3	6
<b>Lone Working</b>	As above	Stress, Anxiety. Pregnant women are more likely to require urgent medical attention.	3	3	9	<ul style="list-style-type: none"> <li>New and expectant mothers advised not to undertake any activities where they will be working by themselves for long periods throughout the working day.</li> <li>Supervisor to monitor working conditions</li> </ul>	1	3	3
<b>Personal Safety</b>	As above	Violence or fear of violence can increase	2	3	6	<ul style="list-style-type: none"> <li>If there is a perceived risk of violence or threat of violence / abuse consideration needs to be given to modifying the role to reduce the risk to the individual and or make provision for staff to be available should support be required</li> </ul>	1	3	3
<b>Out of Hours Working</b>	As above	Long working hours or shift work patterns can affect the health of pregnant women.	2	3	6	<ul style="list-style-type: none"> <li>Allowance made for tiredness and nausea at early stages of pregnancy.</li> <li>Consult with occupational health and individual on modification to working hours / avoidance of night work</li> </ul>	1	3	3

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<b>Access / Egress</b>	New and expectant mothers	Mobility may be impaired during later stages of pregnancy	3	3	9	<ul style="list-style-type: none"> <li>Seek to modify the individuals work task to avoid walking significant distances or traversing flights of steps.</li> <li>PEEP assessment should be completed with health and safety team</li> </ul>	2	3	6
<b>Slip, trip falls hazards- Movement around site</b>	Staff	Failure to ensure floor coverings are in good condition may lead to slips, trips and falls resulting in physical injuries	3	3	9	<ul style="list-style-type: none"> <li>All floor coverings to be checked regularly.</li> <li>Faulty floor coverings to be repaired or replaced at the first opportunity.</li> <li>Staff to be encouraged to report faulty floor coverings.</li> <li>Temporary signs etc. to be placed to identify hazards until repair/replacement can take place.</li> </ul>	1	3	3
<b>As above</b>	As above	Failure to prevent trailing cables may lead to slips, trips and falls resulting in physical injuries	3	3	9	<ul style="list-style-type: none"> <li>All trailing cables to be secured so that they do not present a tripping hazard.</li> <li>The use of extension leads to be kept to a minimum and when used, cables to be kept away from areas where staffs walk.</li> <li>Housekeeping of work area to be kept tidy at all times.</li> </ul>	1	3	3
<b>As above</b>	As above	Failure to clean up spillages may lead to slips and falls resulting in physical injuries	3	3	9	<ul style="list-style-type: none"> <li>Staff to be instructed to clean up all spillages immediately after they occur.</li> <li>If staffs are unable to clean up spillages, they must contact the senior staff members and request assistance.</li> <li>Information, instruction &amp; supervision provided to all staff members with regards to good housekeeping</li> </ul>	1	3	3
<b>As above</b>	As above	The storage of goods in walkways may lead to tripping hazards resulting in physical injuries from falls	3	3	9	<ul style="list-style-type: none"> <li>All goods to be stored in a suitable storage location.</li> <li>No obstacles to be placed/left in walkways, corridors, staircases, etc.</li> <li>Housekeeping of goods in area to be kept tidy at all times.</li> <li>Regular walks around the office to ensure housekeeping is well maintained.</li> </ul>	1	3	3









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<b>Display Screen Equipment</b>	New and expectant mothers	Increased susceptibility to musculoskeletal disorders and deep vein thrombosis (DVT)	2	3	6	<ul style="list-style-type: none"> <li>DSE assessment to be undertaken if not already in place. Workstation should provide adequate adjustment to allow for increase in abdominal size. Advice on posture to prevent musculoskeletal problems. Adjust working practices to avoid continuous sitting at workstation (risk of DVT)</li> </ul>	1	3	3
<b>Using chemical agents during the work process</b>	As above	Use of chemical substances that may cause ill-health etc. to pregnant women	3	3	9	<ul style="list-style-type: none"> <li>The use of substances labelled as being likely to cause injury to a new and expectant mother, nursing mother, unborn child or child of a nursing mother should be avoided.</li> <li>COSHH assessments and Material Hazard Data Sheets to be obtained to indicate safe use of chemical substances.</li> </ul>	1	3	3
<b>Working in noisy environments</b>	As above	Pregnant women may be more susceptible to stress, anxiety issues may occur causing health problems	2	2	4	<ul style="list-style-type: none"> <li>Ensure adequate supervision is provided and that control measures remain valid for the duration of the work</li> <li>Ensure appropriate safety equipment and PPE are made available</li> <li>Work tasks to be reviewed to alleviate stressful situations.</li> </ul>	1	2	2
<b>Working in or near dusty environments</b>	As above	Exposure to substances that may cause ill-health etc. to pregnant women	3	3	9	<ul style="list-style-type: none"> <li>New and expectant mothers to avoid working within dusty environments.</li> <li>Ensure adequate supervision is provided and that control measures remain valid for the duration of the work</li> <li>Dust extraction to be installed to reduce the risk of dust exposure.</li> <li>Supervisors to ensure PPE is available and used, minimum grade of respirators to be FFP2, unless the COSHH assessment requires a higher level of protection</li> </ul>	1	3	3

**Likelihood x Severity = Degree of Risk**

Likelihood	Rating	X	Severity	Rating	=	Risk Factor	Action Must Be:
Very Likely	5		Fatality	5		20 - 25	Immediate
Likely	4		Severe Injury	4		16 - 19	Within 1 Month
Quite Possible	3		Moderate Injury	3		11 - 15	Within 3 Months
Possible	2		Minor Injury	2		6 - 10	Only if cost effective
Not likely	1		No injury	1		1 - 5	Continue to monitor

Title: New and Expectant Mother Risk Assessment  
Effective Date: June 2021  
Revision Number: 1  
Our ref: RCL17-116v2

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								Other:
YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	YES/NO

**ENSURE THAT THE CORRECT PPE FOR THE TASK IS WORN AT ALL TIMES.**

This risk assessment should be read in conjunction with all relevant method statements, safe systems of work and associated risk assessments as detailed on the Risk Assessment Briefing Record.

All relevant H&S information will be relayed to staff through inductions, toolbox-talks and information displayed around site.

You can find more information in the annexes of the [Pregnant Workers Directive 92/85/EEC](#).

Information on potentially harmful industrial processes, including chemical, physical and biological agents, can also be found in [European Commission guidance](#).

**Briefing delivered by:**

**Position:**

**Date:**

We (the undersigned) have read and understood the attached method statement and will comply with the specified requirements and control measures. If the work activity changes or deviates from that originally envisaged, we will seek further advice and request an amended method statement.

Name (Print)	Signature	Date