Cramlington Team Ministry

General Risk Assessment Form

DATE: 30/9/19 ASSESSOR: L Alexander LOCATION: All Parish locations and visited Schools

ASSESSMENT AREA/ACTIVITY: New and Expectant Mothers Name Jessica Wearmouth PCC Informed 30/9/19

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| Item No. | Activity/equipment/ materials, etc. | Hazard | Persons at risk | Likelihood | Control Measures Required | Review |
| 1 | Movement and posture | Postural problems can arise at different stages of pregnancy depending on the individual and the working conditions. These problems may increase as the pregnancy develops.  Backache: A pregnant woman may require more workspace or adapt the way she works. As pregnancy changes the shape and size and ways a woman can move, stand, sit for a long time in comfort and safety will also change.  Pregnancy specific changes can pose a relatively high risk to thrombosis or embolism, particularly with constant sitting. In later stages of pregnancy women are more likely to experience backache, which can be intensified by remaining in a specific position for a period of time  Circulation problems due to extended periods of sitting | New and Expectant Mothers | M | Ensure rest area is available and the ability to take longer or more frequent rest breaks if required.  In relation to abdominal change in size, as pregnancy develops regular progress reviews will be necessary.  Avoid long periods spent handling loads or standing or sitting with regular exercise or movement to maintain health circulation.  Provide opportunity to alternate between standing and sitting.  Mental and Physical ability: through regular reviews consider flexibility in working hours, travel, places of work and position of work work stations  Provide opportunity to alternate between standing and sitting.  Review situation as pregnancy progresses. | When pregnancy  Is confirmed  Weekly reviews/ when changes notified by expectant mother |
| 2 | General pregnancy risk/Hormonal changes | Increases in   * Body Temperature * Nausea * Dizziness (Blood Pressure) * Fatigue * Diabetes Management * Bleeding * Slips trips and falls | New and Expectant Mothers | M | Flexible working conditions  Longer /more frequent rest periods  Room Temperature controls  Access to drinking water, toilets and associated hygiene facilities  Follow building generic risk assessment  Attendance of medical appointments  The Parish must take into account any medical advice from the pregnant woman GP or midwife about your health and discuss associated risks and controls. | Weekly reviews/ when changes notified by expectant mother |
| 3 | Contact with infectious diseases  eg Rubella/Chicken Pox  and infectious illnesses  TB HIV | Danger to the unborn child/new born child and mother | New and Expectant Mothers | H | Inform managers/ Head Teachers of places visited of the pregnancy prior to visit. Ensure no contact with those infected through isolation/ change of venue/cancellation of visit  Provide good hand washing facilities  And personal hygiene controls e.g gloves hand sanitizer  **The expectant woman should check her immune status with her doctor and, if necessary have an MMR vaccination.** | Weekly reviews/ when changes notified by expectant mother |
| 4 | Violence or aggression | Physical or emotional danger to expectant mother  Physical danger to unborn child | New and Expectant Mothers | H | Risk assess events prior to attendance and identify level of risk. If high chance of violence expectant mother will not attend or where possible person/persons removed from the room prior to visit or supervised1-1 in the room apart from the expectant mother. Check exits and entrances and sit nearby  When risk unknown work with another person if an issue arises remove expectant mother from the situation and call for help  If an action of violence witnessed expectant mother seek help and does not approach the aggressor | Weekly reviews/ when changes notified by expectant mother |