

Pregnancy & Work

Before Pregnancy:

- ❖ Plan ahead to reduce the risks for your baby.
- ❖ Be as healthy as possible before you try to get pregnant.
- ❖ Ask about possible risks at work and at home.

During Pregnancy:

- ❖ 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



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