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.