

Guidance - Risk Assessment Guidance for Pregnant Speciality Trainees

The latest advice from the Government regarding guidance for living safely with respiratory infections, including coronavirus (COVID-19):

- [Coronavirus \(COVID-19\): Living safely with COVID-19](#)

As we learn to **live safely with coronavirus** (COVID-19), there are actions we can all take to help reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections, such as flu, which can spread easily and may cause serious illness in some people.

COVID-19, along with many other respiratory infections such as influenza (flu), can spread easily and cause serious illness in some people, such as pregnant workers.

1. Process

All pregnant workers must have a completed new and expectant mothers and COVID-19 risk assessment completed, link to risk assessment below:

- [New and Expectant Mothers Risk Assessment](#)
- [COVID-19 Risk Assessment](#)

A new and expectant mother risk assessment must be completed at each trimester and a new COVID-19 risk assessment must be completed if the working environment, or trainees health changes.

The completed assessments must be shared with the Lead Employer and if required, a referral to Health, Work and Wellbeing (HWWB) for further advice.

If a safe and low risk working environment cannot be achieved through control measures, suitable alternative work or working arrangements (including working from home) must be considered.

Where this is not possible, advice and guidance will be provided by the Lead Employer Human Resources Department and or HWWB. In such circumstances, the clinical supervisor will keep in regular contact with the trainee throughout their period and ensure a further risk assessment is completed if any matters relating to their health or working environment should change.

2. Guidance on working environments and Job role tasks

Pregnant workers of any gestation (whether fully vaccinated or not) must not undertake high-risk procedures (i.e. aerosol generative procedures) on suspected or

confirmed COVID-positive patients or conduct certain job role tasks that could negatively impact on the health of the pregnant worker.

The most common risks from working conditions are as follows:

- standing or sitting for long periods
- lifting or carrying heavy loads
- long working hours
- temperature
- working at height
- workstation and posture issues
- work-related stress

There are also risks through exposure to:

- lead
- radioactive material
- toxic chemicals like mercury and pesticides
- carbon monoxide
- infectious diseases such as Covid-19
- Clinical areas where AGPs (Aerosol Generating Procedures) are regularly performed (for example on suspected or confirmed COVID-positive patients) [Link](#).

3. Further information COVID-19

People who are at higher risk from COVID-19 and other respiratory infections include:

- older people
- **those who are pregnant**
- those who are not fully vaccinated
- people of any age whose immune system means they are at higher risk of serious illness
- people of any age with certain long-term or underlying health conditions.
- Further information can be found on the government website: [Link](#)

You will not always know whether someone you come into contact with outside your home is at higher risk of becoming seriously unwell. They could be strangers (for example, people you sit next to on public transport) or people you may have regular contact with (for example, friends and work colleagues). This means it is important to follow the advice in this guidance to reduce the spread of infection and help to keep others safe. [Link](#)

Control Measures - recommendations for pregnant workers at any gestation:

- ✓ Get fully vaccinated.
- ✓ Let fresh air in if meeting others indoors and or follow appropriate workplace protocols.
- ✓ Practise good hygiene:
 - wash your hands
 - cover your coughs and sneezes
 - clean your surroundings frequently

- ✓ Wear a face covering or a face mask, and or follow relevant ICP measures.
- × Must not undertake high risk procedures i.e., aerosol generating procedures (AGPs) on suspected or confirmed COVID-positive patients
- × Must not care for any patients with confirmed COVID-19 or work on COVID-19 wards or outbreak wards/areas unless adequate control measures can be applied.

4. Recommendations for pregnant workers at any gestation:

- ✓ A more precautionary approach should be taken in such circumstances. This is because there is an increased risk of the worker becoming severely ill and of pre-term birth if they contract COVID-19.
- ✓ If the risk assessments result in high risk, the pregnant worker should be moved immediately from the current environment, whilst further review of their risk assessment and control measures are carried out
- ✓ The pregnant worker if 'not fully or unvaccinated' should be encouraged to get the vaccine to protect themselves and their baby. The pregnant worker should be signposted to vaccine information resources including seeking advice via their GP or specialist if they remain concerned.
- ✓ If the worker elects to have the vaccine, any control measures may be subsequently reviewed on case by case basis.

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