



Pregnancy risk assessment

You should complete this risk assessment together with anyone who is pregnant, has recently been pregnant or is breastfeeding. You should review the risk assessment throughout the pregnancy and after they give birth, updating it if necessary. See [Maternity, pregnancy and adoption](#) for additional guidance.

Risk factor	Control measures What is, should or could be put in place to control the risk?	Action needed	Confirm controls in place, or actions being taken and who is taking them If not applicable, insert N/A	Date completed
Body changes during pregnancy These may affect coordination, dexterity, agility, speed of movement, reach and balance.	Discussions are held with the person and activities and supervision are adjusted if necessary and appropriate.	Think about what the person is happy doing, and what alternatives there are.		
Back strain Poor posture and position when sitting.	Activities are considered with this in mind, and the position of seating is adjusted, if appropriate.	Do any planned activities involve a lot of sitting? If appropriate, check the position of seating to make sure there's appropriate support for the lower back.		
Osteoporosis There's a higher risk of osteoporosis during pregnancy.	Activities are considered with this in mind.	Any concerns the person's doctor raises should be flagged so a further risk assessment can be carried out.		
Medical considerations such as gestational diabetes or morning sickness: This can last all day but is often worse in the hours shortly after waking up. Generally morning sickness is only an issue in the early stages of pregnancy, but it can sometimes last for the full term.	Toilets, rest areas and drinking water are easily accessible.	Think about carrying hospital notes when attending events/activities. Sipping drinks containing ginger and peppermint can help. It's important the person keeps hydrated throughout the day.		

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Stressful situations These could include social pressures, and situations where physical or verbal abuse may happen. Stress can lead to a heightened emotional state and high blood pressure.	Sources of stress are reviewed.	Think about whether the person is happy to continue with planned activities.		
Tiredness Doing activities without enough breaks.	People are encouraged to take breaks and avoid driving while tired.	Think about planned activities. Can a space be allocated for resting? The person may need to sit or lie down. People should drive for no more than 2 hours, with 15-minute breaks. Long journeys should be avoided in the first 3 and last 3 months of pregnancy.		
Prolonged standing This can increase the risk of varicose veins.	Prolonged standing is avoided.	A combination of standing, sitting and walking around is recommended. Allow for appropriate rest breaks.		
Excessive sitting This can cause swollen ankles, which may be a sign of high blood pressure. There's also a risk of thrombosis.	Excessive sitting is avoided.	A combination of standing, sitting and walking around is recommended. Allow for appropriate rest breaks.		
Risk of infection Including Covid, human parvovirus B19, rubella and chickenpox.	People refer to the Department of Health guidance and their own GP if they have specific concerns.			

Any additional comments:

Emergency contact details:

Please give details of two people who will always be contactable during the event/activity. This must not be anyone on the trip/event.

Emergency contact one	Emergency contact two
Full name:	Full name:
Telephone 1:	Telephone 1:
Telephone 2:	Telephone 2:
Address:	Address:
How do they know you:	How do they know you:

Note: It's best to choose two people who don't live together to maximise the chance of getting hold of someone immediately.

Name of person completing risk assessment:		Membership number:
Signature*:	Role:	Date:
Name of person being risk assessed:		Membership number:
Signature*:		Date:
Name of parent or carer (for anyone under 16):		
Signature*:		Date:

Review history		
Date	Signature*	Summary of changes (if any)

* Both electronic and wet ink signatures are acceptable.