Checklist – Hazards during pregnancy and breast-feeding

Notes on the individual questions and possible protective measures can be found in a separate document.

Are you exposed to elevated levels of physical stress?

Working times and rest periods, work schedule and patterns

1. Do you regularly work more than 9 hours?
2. In the 8 weeks before the birth of your child, do you have to work between 8 pm and 6 am?
3. Do you have to regularly* perform backwards-rotating shifts (night shift -> late shift -> early shift) or three consecutive night shifts?
4. Do you already have to work during the 8 weeks after delivery of your baby?
5. Do you have tasks or work that is determined by a machine or technical equipment that cannot be influenced by the employee?

* Definition in the notes under the corresponding number

Heavy physical work

Expectant mothers should not be expected to do physically strenuous tasks such as lifting and carrying patients, large animals, or large loads.

6. Does your work involve moving or transporting regular* loads of more than 5 kg or occasional* loads of up to 10 kg in weight without mechanical assistance?
7. In case of primarily standing-based work: do you have to work under the following conditions after the 4th month of pregnancy:
   a) Your daily break between work shifts is less than 12 hours.
   b) You cannot make additional short breaks of 10 minutes after every second working hour.
8. From the 6th month of pregnancy onwards, does your work require you to stand for more than 4 hours every day?
9. Does your work require you to frequently* stretch or bend in a substantial manner or constantly crouch or bend down?
10. Are you exposed to shocks, vibrations, or continuous jolting at work?
11. Are you exposed to cold, moisture, or heat at work?

* Definition in the notes under the corresponding number

Risk of Accident

12. Does your work take place where there is a risk of slipping or falling? (For example, wet floors, ladders, window cleaning, etc.)
Physical Hazards

Pregnant women should not be in workplaces with volume levels > 85 dB (A). Likewise, activities in pressurized or oxygen-reduced conditions are also prohibited.

13. Are you exposed to considerable noise at work? 
14. Are you exposed to ultrasonic sound or subsonic noise at work? 
15. Do you carry out your work under elevated pressure? (for example, in pressure chambers or Scuba diving) 
16. Do you carry out your work in rooms with reduced atmospheric oxygen?

Are you exposed to ionizing radiation?

X-Rays

Only relevant during pregnancy (due to risks to the unborn child) and not during breast feeding time.

17. Do you work with or in the vicinity of X rays for screening or diagnostic purposes (diagnostic radiology, cast room, OR, or other situations involving X rays)?

Radioactive Substances

Relevant during pregnancy and breast-feeding time.

18. Do you work in areas in which radioactive materials in open or closed forms are used, for example in laboratories, therapeutic, or diagnostic areas?

Are you exposed to harmful chemicals?

Generally, the handling of chemicals is not dangerous to the mother and child as long as limits (Occupational Exposure Limit [OEL] and Short Term Exposure Limit [STEC]) as listed in the boundary value list of Suva are complied with. For chemicals that are harmful to the mother and child according to the current state of knowledge, special caution is required.

Chemicals

19. Do you work with hazardous substances that are labeled with R40, R45, R46, R49, R60, R61, R62, R63 or R64 (Labels are found on the packaging or in the safety information sheet.)
20. Do you work with mercury or mercury compounds?
21. Do you work with cytostatic drugs?
22. Are you exposed to the effects of carbon monoxide at work?
Are you exposed to pathogenic circumstances?

In general, you should only work with pathogenic organisms, (potentially) infectious patients, or infections (patient) materials if suitable protective measures have been taken and (if possible) when employees have immunity against the particular pathogen. This is generally true for all employees and not just for pregnant women. If general safety measures (see standard measures under point 23) are complied with, dangerous infections for you and your child can be avoided.

When dealing with people as patients (USZ as well as the Center for Dental and Oral Medicine), it is very important to follow the standard measures of hospital hygiene from the University of Zurich hospital (USZ) or more specifically from the person responsible for hygiene from ZZM. When dealing with people as subjects/clients (forensic medicine, other institutes), human tissues (forensic medicine, anatomy, diagnostics) as well as with animals (patients, experimental animals, animal carcasses), the relevant safety regulations from the individual institutes and clinics apply.

In laboratory areas, particular biosafety measures are in place to prevent the transmission of pathogens and possible infection to employees. These protective measures were designed by the Department of Safety and Environment such that all employees are sufficiently protected against infection.

Protective Measures

If you are working in one of the above-mentioned areas, you should be aware of the existing standard measures for handling possibly infections materials.

23. Are you new to the above-mentioned standard measures?

We want to give particular attention to the handling of teratogenic organisms. We therefore ask you to answer the following questions, and if necessary, to make clarifications so that it can be decided whether, in individual cases, additional protective measures must be taken in addition to the standard measures. Employees of the University of Zurich who are active at the USZ should also complete the checklist for the protection of mothers at the USZ.
Is your immune status in order? (Applies to all employees at the University and especially those who are active in the University Hospital (USZ), who are of childbearing age and come into contact with the following pathogens.)

Immunization through vaccination is possible for some pathogens, particularly for pregnant women for whom some pathogens are dangerous to the fetus and also relatively common. (Often these vaccinations have to be made before the pregnancy!) Clarify these questions with your family doctor/general practitioner or gynecologist.

24. Are you missing vaccinations (immune protection) against
   - Hepatitis B
   - Measles
   - Mumps
   - Poliovirus
   - Rubella
   - Chicken pox (varizella zoster virus)

25. Do you perform invasive surgeries (medicine, dentistry, veterinary medicine)?

Working with animals

26. Do you work with animals?

Special case: diagnostic and research labs

In contrast to pure exposure to pathogens, exposure in laboratories under certain circumstances can have an increased risk due to the enrichment of the virulence of the pathogens.

27. Do you work in a diagnostic or research lab? If yes, then please additionally answer questions 29-30.

28. Do you work in a laboratory of biosafety level 3 (BL3 laboratory)?
If you answered „yes“ to question 27, please answer the following:

Clarify these questions, if applicable, with your family doctor/general practitioner or your gynecologist.

29. Do you work with the following organisms and have no immunity to them?
   - Cytomegalievirus
   - Hepatitis A Virus
   - Parvovirus B19
   - Toxoplasma gondii

If you answered „yes“ to question 27, please answer the following:

Clarify these questions, if applicable, with your supervisors.

30. Do you work with one or several of the following organisms?

<table>
<thead>
<tr>
<th>Viren und Prionen</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Adenoviruses</td>
</tr>
<tr>
<td>- Arenaviruses: : lymphcytic choriomeningitis virus LCMV</td>
</tr>
<tr>
<td>- Bunyaviruses</td>
</tr>
<tr>
<td>- Coronavirus: SARS virus</td>
</tr>
<tr>
<td>- Flaviviruses: FSME virus, Hepatitis-C virus (HCV)</td>
</tr>
<tr>
<td>- Hepatitis B virus (HBV), Hepatitis Delta virus (HDV)</td>
</tr>
<tr>
<td>- Herpes viruses: human herpes virus 1 und 2 (HHV1, HHV2), varicella zoster virus (VZV, HHV3), Epstein-Barr virus (EBV, HHV4), cytomegalovirus (CMV, HHV5), human herpes virus 6 (HHV6)</td>
</tr>
<tr>
<td>- Orthomyxo viruses: Influenza virus A, B, C</td>
</tr>
<tr>
<td>- Paramyxoviruses: Mumps virus, measles virus</td>
</tr>
<tr>
<td>- Parvoviruses: Parvovirus B 19</td>
</tr>
<tr>
<td>- Picornaviruses: Enteroviruses, Coxackieviruses, Polioviruses, Hepatitis A virus</td>
</tr>
<tr>
<td>- Retroviruses: HIV 1 + 2, HTLV 1 + 2</td>
</tr>
<tr>
<td>- Rhabdoviruses: Rabies viruses and other Lyssa viruses</td>
</tr>
<tr>
<td>- Togaviruses: Alphaviruses (Chickungunya virus ao.), Hepatitis E virus (HEV), Rubella virus</td>
</tr>
<tr>
<td>- Prions: BSE (Bovine Spongiforme Encephalitis), CJD (v Creutzfeld Jakob Disease)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bacteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Bacillus anthracis (anthrax) (Z)*</td>
</tr>
<tr>
<td>- Brucellen (Z)</td>
</tr>
<tr>
<td>- Burkholderia (Pseudomonas) mallei und pseudomallei (Z)</td>
</tr>
<tr>
<td>- Coxiella burnetii (Q-fever) (Z)</td>
</tr>
<tr>
<td>- Chlamydia psittaci (parrot fever) (Z), Chlamydia trachomatis (trachoma)</td>
</tr>
<tr>
<td>- Enterohemorrhagic E. coli (EHEC ex. serotype O157:H7, O103)</td>
</tr>
<tr>
<td>- Francisella tularensis subsp. tularensis (Tularemia)</td>
</tr>
</tbody>
</table>

This checklist is based on and aligned with the checklist of the same name of the Department Safety and Security of the University Hospital Zurich (USZ). It has been adjusted to the requirements and the risks of the University of Zurich (UZH). We recommend the employees of the University of Zurich who work at the USZ to also consult the checklist of the USZ (accessible over the Intranet of the USZ).

Status: 12.01.2009
Continuation of question 30: Do you work with one or several of the following organisms?

- Listeria monocytogenes (Listeria) (Z)
- Mycobacteria: M. tuberculosis, M. africanum, M. bovis, M. canetti, Mycobacterium leprae, M. microti und M. ulcerans
- Neisseria gonorrhoeae (gonococcus), Neisseria meningitis (meningococcus)
- Orientia tsutsugamushi (Rickettsia tsutsugamushi) (Z)
- Rickettsia (various spotted fevers) (Z)
- Salmonellen Serovar Typhi
- Shigella dysenteria serotype 1
- B-Streptococcus
- Treponema pallidum (Syphilis)
- Yersinia pestis (the plague) (Z)
- Mykobacteria: M. tuberculosis, M. africanum, M. bovis, M. canetti, Mycobacterium leprae, M. microti und M. ulcerans
- Neisseria gonorrhoeae (gonococcus), Neisseria meningitis (meningococcus)
- Orientia tsutsugamushi (Rickettsia tsutsugamushi) (Z)
- Rickettsia (various spotted fevers) (Z)
- Salmonellen Serovar Typhi
- Shigella dysenteria serotype 1
- B-Streptococcus
- Treponema pallidum (Syphilis)
- Yersinia pestis (the plague) (Z)

**Fungi**
- Blastomyces dermatitidis (resp. Ajellomyces dermatitidis)
- Cladophialophora bantiana and devriesii (Cladiospora)
- Coccioidioides immitis
- Cryptococcus neoformans (incl. var. gattii, grubii, neoformans), Filobasidiella neoformans (var. bacillispora, neoformans)
- Histoplasma capsulatum (incl. var. capsulatum, duboisi, furgiminosum), (resp. Ajellomyces capsulatum)
- Paracoccidioides brasiiliensis
- Penicillium marneffei
- Ramichloridium mackenziei
- **Parasites**
- Acanthamoeba castellani (Zoonosis)
- Balamuthia mandrillaris (Zoonosis)
- Naegleria fowleri
- Plasmodium falciparum (no injection via airway)
- Toxoplasma gondii (Zoonosis)
- Trypanosoma brucei (rhodesiense, gambiense) (no injection via airway), (Zoonosis)
- Trypanosoma cruzi (Zoonosis)
- Leishmania brasiliensis, Leishmania donovani (no injection via airway), (Zoonosis)
- Echinococcus (multilocularis, granulosus, vogeli, oligarthrus), (no injection via airway), (Zoonosis)
- Taenien (T. multiceps, serialis, solium) (no injection via airway), (Zoonosis)