

## Working during Pregnancy

Many women work until they have their baby. You may choose to take time off before your due date. Be sure to check with Employment Insurance Benefits to find out the rules about getting parental benefits.

In some jobs, you may be exposed to chemicals, fumes, radiation, and solvents that are unhealthy during pregnancy. You can call Motherisk at 1-877-439-2744 for more information. They will know if something might cause health problems. They can help you make safe choices at work.

Some jobs can be hard on your body. Do you do shift work? Do you work more than 40 hours a week? Do you climb ladders or stairs a lot? Do you stand for more than 4 hours a day? Do you have to lift more than 50 lbs at work? Talk to your healthcare providers. They can share ideas that keep you safe at work during your pregnancy.

