

Working During Pregnancy

Many people 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 for getting parental benefits.

In some jobs, you may be exposed to chemicals, fumes, radiation, and solvents that are unhealthy during pregnancy. Talk to your healthcare providers if you are concerned that you may be exposed to a chemical that is unsafe in pregnancy. For emergency treatment advice, call Poison Control at 1-866-454-1212.



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 lb at work? Talk to your healthcare providers. They can share ideas to help keep you safe at work during your pregnancy.