**Liverpool Hope University Risk Assessment**

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| **Risk assessment title** |  | | | **Assessment by** |  | |
| **School/Dept** |  | **Assessment date** |  | | **Review date** |  |

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| **Description of Activity/Event** |
| Under the Health and Safety at Work Act 1974, The University has a legal duty 'to ensure, so far as is reasonably practicable, the health, safety and welfare of employees and others’. The Management of Health and Safety at Work Regulations (1999) also place a legal duty on The University, through risk assessment processes, to examine workplace hazards, identify those at risk and take measures to control those risks.  Provide a brief information about your activity/event to provide a reader with an understanding of the risk assessment purpose. |

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| **What are the hazards** | **Who might be harmed and how?** | **Existing measures to manage the risk effectively** | **Risk Rating** | **Further action required to reduce the risk** | **Residual Risk Rating** | **Action by** | |
| **Whom and When** | **Complete** |
| **Movement and posture** | A variety of factors linked to pace of work, rest breaks, work equipment and the work area can be involved. Hormonal changes during and shortly after pregnancy affect ligaments and can increase chances of injury. Postural problems may get worse as pregnancy advances.  **Standing** in one position for long periods can cause dizziness, faintness, fatigue. It can also increase chances of premature birth or miscarriage.  **Sitting** for long periods increases risk of thrombosis.  **Backache** is also associated with long periods of standing or sitting.  **Confined space** may be a problem particularly in the latter stages of pregnancy. |  |  |  |  |  |  |
| **Manual handling** | The hormonal changes in pregnancy increase risk of manual handling injuries as ligaments soften. Postural problems can also increase risks as pregnancy progresses. |  |  |  |  |  |  |
| **Protective equipment and uniforms** | Protective clothing or other types of Personal Protective Equipment (PPE) are not generally designed for use by pregnant women.  Physical changes around pregnancy may make it too uncomfortable to wear, or may mean that it no longer provides the intended protection.  Uniforms may also cause a problem, particularly as the pregnancy progresses. |  |  |  |  |  |  |
| **Hazardous substances - infection risks and chemicals** | Biological agents can affect the unborn child through the placenta during pregnancy or after birth through breast feeding or close physical contact with the mother.  Examples of these agents are hepatitis ‘B’, syphilis, HIV (aids virus), chicken pox, herpes, TB, typhoid, rubella, cytomegalovirus (CMV)  There are over 200 industrial chemicals that can cause harm to the unborn child although most staff are unlikely to come across them at work. However, Substances labelled with  **R46**, may cause heritable genetic damage  **R61**, may cause harm to the unborn child  **R63**, possible risk of harm to the unborn child  **R64**, may cause harm to breastfed babies should be avoided in work and domestic situations.  Hazardous substances also include the risks from smoking. |  |  |  |  |  |  |
| **Working time** | Long hours, and unsocial shift work can affect the health of pregnant women and can disrupt breast-feeding. |  |  |  |  |  |  |
| **Work-related stress** | New and expectant mothers can be vulnerable to stress because of hormonal, psychological and physiological changes around pregnancy. |  |  |  |  |  |  |
| **Extremes of cold or heat** |  |  |  |  |  |  |  |
| **Work-related violence** |  |  |  |  |  |  |  |
| **Lone Working** |  |  |  |  |  |  |  |
| **DSE, Workstation** | There may be concern about the effects of radiation emissions from the display screen equipment. However, there is no evidence that emissions from the equipment can cause harm.  Harm is more likely to be caused by inappropriate use of the workstation especially in the latter stages of pregnancy as physical changes may make it difficult to sit at the workstation for long periods. |  |  |  |  |  |  |
| **Welfare** | **Rest facilities**  Rest is particularly important for new and expectant mothers.  **Hygiene**  Easy access to toilets is essential to protect against risks of infection and kidney disease.  **Storage facilities**  Appropriate arrangements for expressing and storing breast milk are needed for breast-feeding mothers.  **Inappropriate nutrition**  Adequate and appropriate nutrition and liquid refreshment at regular intervals is essential to the health of the new or expectant mother and her child. Appetite and digestion are affected by the timing, frequency and duration of meal breaks and other opportunities for eating and drinking which can affect the health of the unborn child. |  |  |  |  |  |  |

\*Refer to the ‘RISK MATRIX’ to establish the risk rating and actions.