



Find out about your safety if you work:

- In a medical setting
- In manufacturing or a factory
- With paints or nail polish
- With strong solvents that end in “ene” (For example, “benzene” or “toulene”)
- In agriculture, with pesticides
- As a printer
- As a chemist
- As a laboratory technician
- In a dry-cleaning plant
- In a toll booth
- As a housekeeper



Are you lifting or standing a lot?

Lifting objects that are bulky or very heavy may be a problem. Working more than 40 hours and standing more than 3 hours a day at work may also be a problem. If you are lifting or standing a lot, discuss this with your health care provider. You likely have the right to request changes to your work. Please see Pregnancy + My Job/ Paid Family Leave.

Take care when you use chemicals:

- Never mix cleaning liquids
- Get plenty of fresh air when you clean or paint. Open windows. Use a fan.
- Limit the amount of time spent working with strong smelling chemicals
- Do not eat or drink around chemicals, or let them get on your skin
- Wear clothing and gloves that cover your skin
- You also need to protect yourself if someone you live with comes home with chemicals on their clothes

Get plenty of fresh air (open windows, use a fan) when using:

- Aerosol sprays
- Cleaning fluids or oven cleaners
- Paints, paint thinners, paint removers
- Varnishes
- Antifreeze
- Glue

Check with your doctor before using:

- Pesticides used in farming, industry, and at home (even flea bombs)
- X-rays at high levels
- Gases used to put patients to sleep (if you breathe them in)
- Mercury (if you breathe in or swallow it). It is used in doctor or dentist offices, or in labs.
- Toluene (if you breathe it in). Some glues, gasoline, and some paint thinners have toluene in them. If you sniff glue, it can cause health problems for you and your baby. Your baby can be born with birth defects or have other life-long problems.
- Lead (if you swallow it). You may use lead if you make batteries or work with paints, ceramics, and glass. You may also use lead in pottery glazing and printing.

If you need more information:

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