

School Risk Assessment - Example

To be completed by schools educating a pregnant schoolgirl

Extra curricular school visits and events necessitate a separate risk assessment



Preparation
for Parenthood

Young parent name:	Tutor group:	Estimated date of delivery:
Young parent lead:	Risk assessment lead:	Current planned maternity leave date:
Risk assessment date:	Review date:	Review date:

Emergency contact numbers:

Gloucestershire Maternity Advice Line, 24/7 support - 0300 422 5541

Parent/Guardian emergency contact number 1 –

Parent/guardian emergency contact number 2 –

Pregnancy and coronavirus guidance:

The coronavirus environment and official guidance is constantly evolving. Please see the latest NHS pregnancy and coronavirus guidance to inform your risk assessing.

<https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/pregnancy-and-coronavirus/>

The Midwives for Young Parents are able to offer schools further guidance and support in this area. Please contact:

Jo Daubeney - 07884 260352 Jo.daubeney@nhs.net

Vicki Pirie - 07917085157 Vicki.pirie1@nhs.net

Additional Notes...

Activity or Risk	Hazard	Control Measures in Place	Further Controls Measures required Y/N
Manual handling of equipment and school books/bag.	Excessive manual handling increases the potential for postural issues to arise. Risk may increase as the pregnancy progresses.	<ul style="list-style-type: none"> - Pregnant schoolgirl should take particular care when moving or carrying any loads and should not presume that she is capable of moving equipment "as normal". - Reduce manual handling tasks where possible and alter the way the task is done to minimise fatigue and reduce physical stress. - Provide a locker to reduce the need to carry heavy loads. - These measures are especially important from the 28th week of pregnancy onwards. 	N
Exposure to shocks, vibration, sudden movements. Risk of impact injuries, falls and being knocked over.	Regular exposure to shocks and vibrations can lead to health complications for the unborn child. Impact injuries, falls and being knocked over can lead to health issues for the pregnant schoolgirl and her unborn child.	<ul style="list-style-type: none"> - Workstations to be assessed taking the schoolgirl's need for more space into account. - Pregnancy pass (or similar more discrete pass if appropriate) issued permitting schoolgirl to leave class five minutes early to avoid congestion in corridors and to avoid queueing for lunch. - Agreed quiet space can be accessed during break and lunch to avoid congested social areas. - Contact sports ceased. No new sports, not already undertaken before pregnancy, to be started in PE. 	N
School activities causing physical fatigue.	Fatigue caused by excessive physical exertion can lead to significant health issues for the unborn child. Fatigue caused by over exerting during P.E lessons or walking around a large school site with urgency and multiple flights of stairs.	<ul style="list-style-type: none"> - In discussion with the schoolgirl, adjustments to the length of school day and lessons undertaken should be under regular review. - Seating to be provided where possible and additional rest breaks should be considered. - Access to food and drink between lessons for regular snacking, a bottle of water accessible during lessons. - The amount and type of exercise a pregnant schoolgirl is able to undertake within P.E. lessons to be determined by the schoolgirl in collaboration 	N

		<p>with her P.E. teacher or identified mentor.</p> <ul style="list-style-type: none"> - Pregnancy pass (or similar) issued to allow schoolgirl to leave class five minutes early so she can take her time and not rush around the school site. - Consider if a lift pass would be appropriate. 	
Using chemical agents during science lessons.	Use of chemical substances may cause ill-health to the pregnant schoolgirl and her unborn child.	<ul style="list-style-type: none"> - Normal safety practices which apply to all students will protect the pregnant schoolgirl and her unborn child. - Consider seating plan to allow the schoolgirl to be sat in a well ventilated part of the classroom to minimise exposure to smoke and fumes. 	N
Ingesting harmful foods during food technology lessons.	Ingesting foods the NHS recommends avoiding in pregnancy may lead to health issues.	<ul style="list-style-type: none"> - Food technology teacher should be aware of the pregnancy and educated on which foods pregnant women should avoid. - Particular care is taken to ensure the pregnant schoolgirl avoids food the NHS has recommended pregnant women avoid. 	N
Extended use of computer equipment during lessons.	Postural issues may occur through being seated for extended periods of time.	<ul style="list-style-type: none"> - Workstations assessed taking into account additional needs such as more space needed and postural support. - Sufficient rest breaks to be taken away from the screen. 	N
Working in extremes of hot and cold.	Pregnant schoolgirls may be more susceptible to heat stress and may generally feel more uncomfortable in extreme conditions.	<ul style="list-style-type: none"> - Pregnant schoolgirl not to be in areas where temperatures are especially hot or cold. - Consider additional rest and refreshment breaks. 	N
Evacuation in an emergency.	Pregnant schoolgirl may be injured through impact with other evacuees during evacuation.	<ul style="list-style-type: none"> - Personal Emergency Evacuation Plan (PEEP) put into place, schoolgirl fully informed of plan in case of emergency. - Key staff informed of pregnancy. 	N
Access Arrangements to and from school.	Fatigue through travelling and risk of knocks and bumps from travelling in crowded areas.	<ul style="list-style-type: none"> - Schoolgirl to allow adequate travel time so no need to rush. - Consider using alternative modes of transport if appropriate. - Consider travelling and arriving/leaving school before it becomes crowded. 	N

Poorly fitting school uniform due to an inevitable increase in size during pregnancy.	Severe discomfort leading to adverse effects. Difficulty wearing school uniform.	<ul style="list-style-type: none"> - Allow comfortable clothing, ideally in school colours. - Consider if some uniform, such as a blazer, could be comfortably worn in a larger size. 	N
First aid needs to be administered.	Pregnancy not taken into account during administration of first aid.	<ul style="list-style-type: none"> - First Aiders are discretely familiar with the pregnant schoolgirl. - First Aiders and team responsible for calling an ambulance have quick access to Maternity Advice Line and emergency contact details. The expectation is that the First Aider will liaise with the Maternity Advice Line – 0300 422 5541. - Pregnant schoolgirl to keep maternity notes with her throughout the school day. 	N
Sitting exams.	<p>Increased stress and anxiety potentially causing health complications.</p> <p>Postural issues from being seated for long periods.</p>	<ul style="list-style-type: none"> - Pregnant schoolgirl to be assessed for Exam access arrangement needs and necessary provision made. - Postural support should be provided. - Emotional support provided through a mentor or through mental health services. 	N