

# 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](mailto:Jo.daubeney@nhs.net)

Vicki Pirie - 07917085157 [Vicki.pirie1@nhs.net](mailto: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"> <li>- 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".</li> <li>- Reduce manual handling tasks where possible and alter the way the task is done to minimise fatigue and reduce physical stress.</li> <li>- Provide a locker to reduce the need to carry heavy loads.</li> <li>- These measures are especially important from the 28th week of pregnancy onwards.</li> </ul>	N
<p>Exposure to shocks, vibration, sudden movements.</p> <p>Risk of impact injuries, falls and being knocked over.</p>	<p>Regular exposure to shocks and vibrations can lead to health complications for the unborn child.</p> <p>Impact injuries, falls and being knocked over can lead to health issues for the pregnant schoolgirl and her unborn child.</p>	<ul style="list-style-type: none"> <li>- Workstations to be assessed taking the schoolgirl's need for more space into account.</li> <li>- 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.</li> <li>- Agreed quiet space can be accessed during break and lunch to avoid congested social areas.</li> <li>- Contact sports ceased. No new sports, not already undertaken before pregnancy, to be started in PE.</li> </ul>	N
School activities causing physical fatigue.	<p>Fatigue caused by excessive physical exertion can lead to significant health issues for the unborn child.</p> <p>Fatigue caused by over exerting during P.E lessons or walking around a large school site with urgency and multiple flights of stairs.</p>	<ul style="list-style-type: none"> <li>- In discussion with the schoolgirl, adjustments to the length of school day and lessons undertaken should be under regular review.</li> <li>- Seating to be provided where possible and additional rest breaks should be considered.</li> <li>- Access to food and drink between lessons for regular snacking, a bottle of water accessible during lessons.</li> <li>- 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</li> </ul>	N

		<p>with her P.E. teacher or identified mentor.</p> <ul style="list-style-type: none"> <li>- 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.</li> <li>- Consider if a lift pass would be appropriate.</li> </ul>	
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"> <li>- Normal safety practices which apply to all students will protect the pregnant schoolgirl and her unborn child.</li> <li>- 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.</li> </ul>	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"> <li>- Food technology teacher should be aware of the pregnancy and educated on which foods pregnant women should avoid.</li> <li>- Particular care is taken to ensure the pregnant schoolgirl avoids food the NHS has recommended pregnant women avoid.</li> </ul>	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"> <li>- Workstations assessed taking into account additional needs such as more space needed and postural support.</li> <li>- Sufficient rest breaks to be taken away from the screen.</li> </ul>	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"> <li>- Pregnant schoolgirl not to be in areas where temperatures are especially hot or cold.</li> <li>- Consider additional rest and refreshment breaks.</li> </ul>	N
Evacuation in an emergency.	Pregnant schoolgirl may be injured through impact with other evacuees during evacuation.	<ul style="list-style-type: none"> <li>- Personal Emergency Evacuation Plan (PEEP) put into place, schoolgirl fully informed of plan in case of emergency.</li> <li>- Key staff informed of pregnancy.</li> </ul>	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"> <li>- Schoolgirl to allow adequate travel time so no need to rush.</li> <li>- Consider using alternative modes of transport if appropriate.</li> <li>- Consider travelling and arriving/leaving school before it becomes crowded.</li> </ul>	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"> <li>- Allow comfortable clothing, ideally in school colours.</li> <li>- Consider if some uniform, such as a blazer, could be comfortably worn in a larger size.</li> </ul>	N
First aid needs to be administered.	Pregnancy not taken into account during administration of first aid.	<ul style="list-style-type: none"> <li>- First Aiders are discretely familiar with the pregnant schoolgirl.</li> <li>- First Aiders and team responsible for calling an ambulance have quick access to Maternity Advice Line and emergency contact details. <b>The expectation is that the First Aider will liaise with the Maternity Advice Line – 0300 422 5541.</b></li> <li>- Pregnant schoolgirl to keep maternity notes with her throughout the school day.</li> </ul>	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"> <li>- Pregnant schoolgirl to be assessed for Exam access arrangement needs and necessary provision made.</li> <li>- Postural support should be provided.</li> <li>- Emotional support provided through a mentor or through mental health services.</li> </ul>	N