

**A list of works that are burdensome, dangerous or harmful for the health of pregnant and  
breastfeeding women**

**I. Works involving excessive physical effort, including manual handling**

1. For pregnant women:
  - 1) all works where the highest values of physical workload, measured in terms of net energy expenditure on work, exceed 2900 kJ per working shift, and for casual work (performed up to 4 times per hour, if the total duration of such work does not exceed 4 hours per day) – 7.5 kJ/min.;
  - 2) manual lifting and carrying of objects with a weight exceeding 3 kg;
  - 3) manual operation of equipment components (levers, cranks, steering wheels, etc.), where the required force exceeds:
    - a) for two-hand operation – 12.5 N for regular work and 25 N for casual work, as defined in point 1,
    - b) for one-hand operation – 5 N for regular work and 12.5 N for casual work, as defined in point 1,
  - 4) foot operation of equipment components (pedals, buttons, etc.), where the required force exceeds 30 N;
  - 5) manual carrying upwards of:
    - a) objects for regular work,
    - b) objects weighing more than 1 kg for casual work, as defined in point 1;
  - 6) two-hand movement of objects, if the force required to initiate their movement exceeds:
    - a) 30 N – when pushing,
    - b) 25 N – when pulling;
  - 7) manual rolling of round-shaped objects and being a part of a team moving the objects;
  - 8) manual handling of liquid materials – hot, corrosive or harmful to health;
  - 9) transporting loads on a one-wheeled trolley (wheelbarrow) or a manually operated multi-wheeled trolley;
  - 10) works in a forced position;
  - 11) works in a standing position for a total of more than 3 hours during a work shift, the time spent standing must not exceed 15 minutes at a time, followed by a 15-minute break;
  - 12) works on monitor screens – in total for over 8 hours per day, whereas the time spent using a monitor screen should not be more than 50 minutes at a time, after which there should be at least a 10-minute break, which is included in working time.
2. For breastfeeding women:

- 1) all work at which the highest values of load with physical work, measured with net energy expenditure for the execution of work, exceed 4200 kJ per shift, and with casual work, as defined in sec. 1 point 1 – 12.5 kJ/min.;
- 2) manual lifting and carrying objects with a weight exceeding:
  - a) 6 kg – for regular work,
  - b) 10 kg – for casual work, as defined in sec. 1 point 1;
- 3) manual operation of equipment components (levers, cranks, steering wheels, etc.), where the required force exceeds:
  - a) for two-hand operation – 25 N for regular work and 50 N for casual work, as defined in sec. 1 point 1,
  - b) for one-hand operation – 10 N for regular work and 25 N for casual work, as defined in sec. 1 point 1;
- 4) foot operation of equipment components (pedals, buttons, etc.), where the required force exceeds:
  - a) 60 N – for regular work,
  - b) 100 N – for casual work, as defined in sec. 1 point 1;
- 5) manual carrying of objects with a weight exceeding 6 kg – to a height exceeding 4 m or a distance exceeding 25 m;
- 6) manual carrying upwards – on uneven surfaces, ramps, stairs with a maximum angle of inclination not exceeding 30° and a height not exceeding 4 m – of objects with a weight exceeding 6 kg;
- 7) manual handling upwards – on uneven surfaces, ramps, stairs with a maximum angle of inclination of more than 30° and a height of more than 4 m – of objects with a weight exceeding:
  - a) 4 kg – for regular work,
  - b) 6 kg – for casual work, as defined in sec. 1 point 1;
- 8) two-hand movement of objects, if the force required to initiate their movement exceeds:
  - a) 60 N – when pushing,
  - b) 50 N – when pulling;
- 9) manual rolling of round-shaped objects (in particular barrels, pipes with large diameters), if:
  - a) the weight of the objects being rolled, on flat terrain with a hard and smooth surface, exceeds 40 kg per woman,
  - b) the weight of objects rolled onto ramps exceeds 10 kg per woman;
- 10) being part of a team moving objects;
- 11) manual handling of liquid materials – hot, corrosive or harmful to health;
- 12) transporting loads of more than:
  - a) 20 kg – when transporting on a wheelbarrow on the surface with an inclination of no more than 5% or 15 kg – on the surface with an inclination of more than 5%,
  - b) 70 kg – when transporting on a 2-wheeled trolley on the surface with an inclination of no more than 5% or 50 kg – on the surface with an inclination of more than 5%,
  - c) 90 kg – when transporting on a trolley with 3 or more wheels on the surface with an inclination not exceeding 5%, or 70 kg – on the surface with an inclination greater than 5%; the aforementioned permissible load weights include the weight of the transport equipment

and apply to transporting loads on a level, hard and smooth surface; when transporting loads on an uneven or unpaved surface, the weight of the load including the weight of the transport equipment must not exceed 60% of the specified values;

- 13) carrying loads on a rail cart with a weight exceeding, including the weight of the cart:
  - a) 120 kg – for transporting on the surface with an inclination not exceeding 2%,
  - b) 90 kg – for transporting on the surface with an inclination of more than 2%;
- 14) carrying loads:
  - a) on a wheelbarrow or a multi-wheeled trolley on the surface with an inclination of more than 8%,
  - b) on a wheelbarrow or a multi-wheeled trolley at a distance exceeding 200 m,
  - c) on a rail cart on the surface with an inclination of more than 4%,
  - d) on a rail cart at a distance exceeding 400 m.

## **II. Work in cold, hot and variable microclimates**

For pregnant and breastfeeding women:

- 1) work performed in hot microclimates in conditions where the PMV index, determined in accordance with the Polish Standard for such work, is greater than 1.0;
- 2) work performed in cold microclimates in conditions where the PMV index, determined in accordance with the Polish Standard for such work, is smaller than -1.0;
- 3) work performed in an environment with large fluctuations in microclimate parameters, especially in the case of sudden changes in air temperature in the range exceeding 15°C, with no possibility to apply at least 15-minute adaptation period in a room with an intermediate temperature.

## **III. Works in conditions of exposure to noise or vibrations**

For pregnant women:

- 1) works in conditions of exposure to noise, of which:
  - a) the exposure level in relation to the 8-hour daily or average weekly working time, as defined in the Labor Code, exceeds 65 dB,
  - b) peak sound level C exceeds the value of 130 dB,
  - c) maximum sound level A exceeds the value of 110 dB;
- 2) works in conditions of exposure to infrasound noise, the equivalent level of acoustic pressure of which adjusted by the frequency response of G, in relation to the 8-hour daily or average weekly working time, as defined in the Labor Code, exceeds 86 dB;
- 3) works in conditions of exposure to ultrasound noise, of which:
  - a) equivalent sound pressure levels in tertiary bands with center frequencies from 10 kHz to 40 kHz, in relation to the 8-hour daily or weekly average working time, as defined in the Labor Code,
  - b) maximum sound pressure levels in tertiary bands with center frequencies from 10 kHz to 40 kHz – exceed the following values:

Center frequency of tertiary bands (kHz)	Equivalent level of acoustic pressure in relation to the 8-hour daily or average weekly working time, as defined in the Labor Code (dB)	Maximum sound pressure level (dB)
10; 12.5; 16	75	95
20	85	105
25	100	120
31.5; 40	105	125

- 4) works in conditions of exposure to vibration affecting the organism through the upper limbs, where:
  - a) the value of daily exposure, expressed in a form equivalent in terms of energy to 8 hours of operation of the vector sum of effective, frequency weighted accelerations of vibrations, determined for the three directional components ( $a_{hwx}$ ,  $a_{hwy}$ ,  $a_{hwz}$ ), exceeds  $1 \text{ m/s}^2$ ;
  - b) the value of exposure lasting 30 minutes or less, expressed as a vector sum of effective, frequency-weighted accelerations of vibrations determined for the three directional components ( $a_{hwx}$ ,  $a_{hwy}$ ,  $a_{hwz}$ ), exceeds  $4 \text{ m/s}^2$ ;
- 5) all work in conditions of exposure to vibrations with general effects on the human body.

#### **IV. Work involving exposure to electromagnetic fields with frequencies from 0 Hz to 300 GHz and ionizing radiation**

- 1. For pregnant women:
  - 1) work within the range of electromagnetic fields that exceed the values for a safe zone, as specified in the regulations on maximum permissible exposure to factors harmful to health in the working environment;
  - 2) work in conditions of exposure to ionizing radiation as defined by the Nuclear Law.
- 2. For breastfeeding women – work in conditions of exposure to ionizing radiation as defined by the Nuclear Law.

#### **V. Work in conditions of increased or decreased pressure**

For pregnant and breastfeeding women – diving work, work in pressure vessels, and all work in conditions of increased or decreased pressure.

#### **VI. Work in contact with harmful biological agents**

- 1. For pregnant and breastfeeding women:
  - 1) work that poses a risk of infection of: hepatitis B virus, chickenpox and shingles virus, German measles virus, HIV virus, cytomegalovirus, toxoplasmosis and listeriosis rod.
  - 2) work in handling animals affected by infectious or invasive diseases.

2. For pregnant women – work in exposure to other biological agents classified in hazard group 2-4, in accordance with the regulations on biological agents harmful to health in the work environment and the protection of the health of workers occupationally exposed to these agents – if the results of the occupational risk assessment, taking into account therapeutic measures necessitated by specific biological agents, indicate adverse effects on the health of a pregnant woman or the course of pregnancy, including the development of the fetus.

## **VII. Works with exposure to harmful chemicals**

For pregnant and breastfeeding women:

- 1) work in exposure to substances and mixtures meeting the criteria for classification in accordance with Regulation (EC) No 1272/2008 of the European Parliament and of the Council of December 16, 2008 on classification, labeling and packaging of substances and mixtures, amending and repealing Directives 67/548/EEC and 1999/45/EC and amending Regulation (EC) No. 1907/2006 (Official Journal of EU L 353 dated 31.12.2008, p. 1, as amended) in one or more of the following hazard classes or categories together with one or more of the following hazard statements:
  - a) germ cell mutagenicity, category 1A, 1B or 2 (H340, H341),
  - b) carcinogenicity, category 1A, 1B or 2 (H350, H350i, H351),
  - c) reproductive toxicity, category 1A, 1B or 2 or additional category of harmful effects on lactation or harmful effects on breastfed children (H360, H360D, H360FD, H360Fd, H360Df, H361, H361d, H361fd, H362),
  - d) specific target organ toxicity – single exposure, category 1 or 2 (H370, H371) – regardless of their concentration in the working environment;
- 2) work in exposure to the following chemicals regardless of their concentration in the work environment:
  - a) chemical agents with known and dangerous absorption through the skin,
  - b) cytostatic drugs,
  - c) manganese,
  - d) synthetic estrogens and progesterones,
  - e) carbon monoxide,
  - f) lead and its organic and inorganic compounds,
  - g) mercury and its organic and inorganic compounds;
- 3) work in exposure to organic solvents, if their concentrations in the work environment exceed the values of 1/3 of the maximum permissible concentrations, as defined in the regulations on the maximum permissible concentrations and intensities of factors harmful to health in the work environment;
- 4) technological work or processes involving the release of chemicals, their mixtures or agents with carcinogenic or mutagenic effects, as listed in the regulations on chemicals, their mixtures, agents or technological processes with carcinogenic or mutagenic effects in the working environment.

## **VIII. Works involving a risk of serious physical or mental injuries**

1. For pregnant and breastfeeding women:
  - 1) work in excavations as well as in tanks and canals;
  - 2) underground work in all kinds of mines;
  - 3) work in a forced labor rhythm (for example, at a conveyor belt);

- 4) other work that poses a risk of severe physical or mental injury, including firefighting, participation in chemical rescue operations, disaster recovery, work with explosives, work in slaughtering livestock and handling breeding stock.
2. For pregnant women – work at height – except for permanent galleries, piers, platforms and other permanent elevations having full protection against fall from a height (without the need to use personal protective equipment against fall), and works that require climbing on and descending from ladders and step irons.