

## **Suggested Steps to Follow**

### ***Pregnant Firefighters within Operations: Special Program***

#### **Introduction:**

Firefighters with Toronto Fire Services (TFS) play a very important role in ensuring the safety of the community. However, this role comes with many occupational risks and hazards which can be heightened during pregnancy.

Toronto Fire Services recognizes the rights and responsibilities of pregnant firefighters in deciding what steps they will take in addressing their pregnancy at work.

We strongly encourage firefighters who are pregnant to make an informed decision regarding which steps they need to take to ensure their safety and the safety of their unborn child in the work place.

#### **Recommended Steps:**

In order to make an informed decision, we recommend pregnant firefighters proceed as follows:

1. Contact the staff at the TFS Medical Office as soon as possible at 416-338-9310:
  - For information;
  - To answer any questions you may have; and/or
  - To discuss any concerns you may have about continuing to work in your base position while pregnant.
2. Become familiar with the Standard Operating Guidelines (SOG) on Pregnant Firefighters, [P-PREG](#).
3. Read the [FAQ's](#) regarding Pregnant Firefighters.
4. Familiarize yourself with some of the risks and potential hazards that you may be susceptible to while performing your firefighter duties during your pregnancy.

*Refer to the following links:*

[Canadian Centre of Health and Safety Fire Fighter Fact Sheet](#)  
[Government of Ontario – Key Hazards for Fire Fighters](#)

Such risks include:

- Changes to core body temperature.
- Exposure to various biological agents.
- Contact with various combustion products and other harmful chemicals at a fire call.
- Strenuous work including the use of force, repetitive movements and awkward positions.
- Prolonged activities often under extreme conditions could include; overexertion, walking or working on ones feet for long periods of time and lifting heavy objects.

5. Meet with your treating physician or midwife to discuss your pregnancy in relation to your firefighter role.

(We strongly advise that you contact the TFS Medical Office for advice and information prior to meeting with your treating physician or midwife so that you are better informed to discuss the matter with them.)

6. After discussing the risks and potential hazards of the job with your treating physician or midwife, immediately advise the TFS Medical Office of any medically substantiated restrictions arising from your pregnancy, as supported by a [Return to Work](#) form.

Please be aware that you are responsible for advising the TFS Medical Office of any restrictions as soon as possible, for your own sake and the sake of others.

*\* For more information on some of the risk and hazards see links below. We also encourage you to consult with your treating physician/midwife and to conduct your own research on risk and hazards.*

For further information or clarification please contact the TFS Medical Office at 416-338-9310.