

“For a Safe Maternity Experience” program

Are you a pregnant worker?

You think your job poses risks to your health or the health of your baby during your pregnancy.

Do you work in an at-risk setting?

Some settings present more risks for pregnant workers, especially early in the pregnancy. These settings include the following:

Factories and manufacturers that use chemical products

- Solvents
- Varnishes
- Glues

Schools and daycare centres

- Early childhood centres
- Elementary school

Whatever the type of work environment, if you think there are risks for your pregnancy, you can request changes or reassignment.

The Safe Maternity Experience program protects pregnant workers

The program allows you to make adjustments to your tasks to ensure your safety.

To be eligible for the Safe Maternity Experience program

How?

Talk to a health professional

- Physician
- Midwife
- Specialized nurse practitioner

When?

As soon as you find out about the pregnancy

Responsibilities of the public health network for occupational health

Your health professional will talk to us to

- evaluate your tasks at work
- make recommendations to eliminate the risks

Employer’s responsibilities

Based on the recommendations, your employer will have to

- Modify your work station or certain tasks

- Reassign you to danger-free tasks
- Put you on preventive leave, if no other option is possible.

Preventive leave

In Québec, the Safe Maternity Experience program is managed by the CNESST.

If you are put on preventive leave, the CNESST pays 90% of your usual salary, up to 36 weeks of pregnancy.

Do you work in an at-risk setting?

Some settings present more risks for the safety and quality of breast milk.

These include factories and manufacturers that use chemical products:

- Solvents
- Varnishes
- Glues

To be eligible for the Safe Maternity Experience program

How?

Talk to a health professional:

- Physician
- Midwife
- Specialized nurse practitioner

When?

- As soon as you return to work

To find out more

[CNESST](#)