



CONTINUATION OF WORK DURING PREGNANCY

JOB FUNCTION:

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| Secretarial and light clerical | Up to 40 weeks |
| Professional and managerial | Up to 40 weeks |
| Sitting with light tasks, prolonged or intermittent | Up to 40 weeks |
| Standing: Prolonged (more than 4 hours) Intermittent (more than 30 min/hour) Intermittent (less than 30 min/hour) | Up to 24 weeks Up to 32 weeks Up to 40 weeks |
| Stooping and bending below knee level: Repetitive (more than 10 times/hour) Intermittent (2-9 times/hour) Intermittent (less than 2 times/hour) | Up to 20 weeks Up to 28 weeks Up to 40 weeks |
| Climbing vertical ladders and/or poles: Repetitive (4+ times/8 hour shift) Intermittent (less than 4 times/8 hour shift) | Up to 20 weeks Up to 28 weeks |
| Stairs: Repetitive (4+ times/8 hour shift) Intermittent (less than 4 times/8 hour shift) | Up to 28 weeks Up to 40 weeks |
| Lifting: Repetitive (No restrictions medically indicated due to pregnancy alone up to 20 weeks unless advised by provider) May lift up to 50 lbs No lifting over 25 lbs Intermittent (No restrictions medically indicated due to pregnancy alone up to 30 weeks unless advised by provider) | From 20-24 weeks After 24 weeks |

** Contact the office at (757) 539-3911 with any questions**