Results We observed 2,726 pregnancy losses in a cohort of 68,096 pregnant women. We found no consistent associations between increased heavy lifting and pregnancy losses up to gestational week 21. However, for fetal death occurring after week 21 we found an increased risk among women lifting more than 200 kg/day (Hazard Ratio (HR) = 1.55; 95% Confidence Interval (CI): 1.03–2.35) compared to non-lifting women. After controlling for potential confounders, the result for stillbirths became insignificant, but the estimate did not change much (HR = 1.40; 95%CI: 0.92–2.14).

Conclusion The study corroborates earlier findings in the Danish National Birth Cohort that occupational lifting is related to an increased risk for fetal death. Due to the prospective design with late enrollment into the study, ascertainment of early miscarriage is incomplete and therefore the study does not provide strong evidence on risk for early miscarriage.

REFERENCE