# Working while pregnant is a dangerous job.

We all know the burden of housework. The mopping, scrubbing, and folding can seem endless. We also know the stress it puts on our bodies - a strained muscle from lifting a load of laundry or an aching back from tucking sheets under a heavy mattress. Hotel housekeepers know the stress of this work all too well.

But, what about the women who clean rooms while pregnant? Many women have no other options than to continue working while pregnant. **Here are stories of women who risked it all to have a secure future for their children.**



I worked while I was pregnant with both of my children. But, my second pregnancy was much more difficult. **The company reduced my hours, forcing me to clean 10 rooms in just 5 hours. I was rushing and stressed about whether or not I would finish all of my rooms in time. I had a lot of pain in my lower back and my pelvis.** I would cry at work.

I didn't tell my husband about how stressed I was because he didn't want me working while pregnant. But, I was worried we wouldn't have enough money for my baby, and **we needed the benefits for when it was time for me to deliver.**

Today, I am blessed with two beautiful daughters who are now 14 and 7 years-old.  **I worked through my pregnancies for my children's future. But, it wasn't easy.**

–*Hortensia* Valera

Cleaning rooms is hard work as it is. But, **cleaning rooms while pregnant makes a tough job even tougher. I worked until I gave birth with my first child, Kalya.** I felt tired and stressed, and I had a lot of pain in my back.



I was constantly worried I wouldn't be able to finish cleaning all of my rooms – 13 rooms in an 8 hour shift. **Management told me, if I can't finish don't come back until after I have my baby. But, I wouldn't have been getting paid for taking leave, even with a doctor's note.** I worked because I needed income so I could have a secure future for my daughter.

My water broke while I was at work and the company called an ambulance to take me to the hospital. But, the doctor said I wasn't ready yet to have the baby. So, the next day I went back to work, and two days later I gave birth. Kalya was born one month early. I think it was because when I worked, she worked and she was tired of working!

**If pregnant women had better protections at work it be healthier and safer for both mom and baby. I have a friend who cleans rooms at another hotel who lost her baby. It's scary.**

–*Tina Li*