



Women: Impact of Firefighting on Conception

- Conception planning occurs long before the egg is fertilized; track your ovulation (ie: period tracking app, ovulation stick)
- Make informed decisions, find out how your job may impact reproductive health
- Take steps to reduce your stress; change your physical activity levels based on ovulation cycles when trying to get pregnant
- Clean your gear more often to reduce your contaminant exposure

Share your occupation with your OB/GYN so

- you can make a plan together

What you need to know:

- Stress can impact conception
- Exposure to heat may lead to delayed conception
- Shift work can result in altered menstrual cycle length, increased menstrual pain, and changes in duration and amount of menstrual bleeding; this can also result in changes in hormone secretion which can affect conception
- Noise-exposure can impact hormonal balance

Link to further resources:

<https://www.ndri-usa.org/references-and-information>