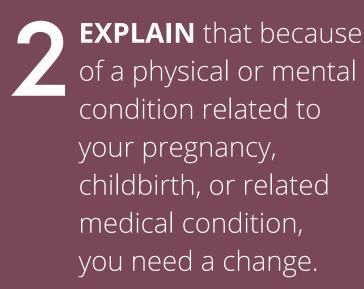
TIPS FOR ASKING FOR A REASONABLE ACCOMMODATION

IF YOUR PREGNANCY, CHILDBIRTH, OR RELATED MEDICAL CONDITION MAKES IT HARDER FOR YOU TO PERFORM YOUR JOB, YOU CAN ASK FOR A CHANGE CALLED A REASONABLE ACCOMMODATION:



TALK to your employer. Your manager, human resources, or person designated in the company policy is a good place to start.

Covered employers must provide a reasonable accommodation unless it will cause them an undue hardship.





SHARE with your employer what barriers you are facing. Give ideas, if you have them, for what could help you do your job.

For example, you may need to do your job differently, a piece of equipment, additional breaks, leave, or a different schedule.

IF YOUR EMPLOYER SAYS "NO"

PROVIDE

information.

Tell your employer about the EEOC's webpage:

What You Should

What You Should
Know About the
Pregnant Workers
Fairness Act.

REACH OUT to the EEOC. The EEOC can help you decide on next steps.



CONTACT US: 1-800-669-4000 WWW.EEOC.GOV

