

Profile Guidelines

- Under factor "P" of the physical profile, indicate "T-3."
- List diagnosis as "pregnancy, estimated delivery date _____."
- Limitations:
 - Except under unusual circumstances, the soldier should not be reassigned to overseas commands until the pregnancy is completed. She may be assigned within CONUS and medical clearance must be obtained prior to any reassignment.
 - The soldier will not be assigned to duties where nausea, easy fatigue or sudden lightheadedness would be hazardous to the soldier or others, including aviation duty, classes 1/1A/2/3.
 - Aircrew member may request permission to remain on flight status. ATC personnel may continue ATC duties with the approval of the flight surgeon, obstetrician and ATC supervisor.
 - Exposure to military fuels will be restricted. Pregnant soldiers are to be restricted from assignments involving frequent or routine exposures to fuel vapors or skin exposure to spilled fuel. Pregnant soldiers are restricted from filling military vehicles with fuels such as mogas, JP8 and JP4.
 - Soldiers are not permitted to participate in indoor weapons training due to airborne lead concentrations and bore gas emissions. Firing of weapons is permitted at outdoor sites. No exposure to organic solvent vapors above permissible levels is allowed.
 - Soldiers are not permitted to work in the motor pool to include painting, welding, soldering, grinding and sanding on metal, washing parts, or duties where soldier is routinely exposed to carbon monoxide, diesel exhaust, hazardous chemicals, paints, organic solvent vapors, or metal dusts and fumes.
 - Pregnant soldiers should avoid excessive vibrations, which can occur in larger ground vehicles when it is driven on unpaved surfaces.

Physical Training

Once a pregnancy is diagnosed, the soldier is exempt from regular physical training and PT testing. Pregnant soldiers are encouraged to participate in pregnancy PT programs, but there is currently no requirement they do so. The Army is developing a standard within the guidelines of the American College of Obstetrics and Gynecology, and pregnant soldiers wishing to do PT should check with their obstetrician and follow the guidelines. PT is voluntary for pregnant soldiers at this time.

Immunizations

The soldier is exempt from all immunizations except influenza and tetanus-diphtheria and is exempt from all fetotoxic chemicals and chemical warfare and riot control agents. The soldier will not wear MOPP gear at any time.

20 Weeks of Pregnancy

At 20 weeks of pregnancy, the soldier is exempt from standing at parade rest or attention for longer than 15 minutes. The soldier is also exempt from participation in swimming qualifications, drown proofing, field duty and weapons training. Soldiers cannot drive vehicles larger than light medium tactical vehicles due to concerns regarding balance and possible hazards from falls.

28 Weeks of Pregnancy

At 28 weeks, the soldier may be provided a 15-minute rest period every two hours. Her workweek should not exceed 40 hours and the soldier should not work more than eight hours in any one day. The duty day begins when reporting for formation of duty and ends eight hours later.

Performance of duty

A woman who is experiencing a normal pregnancy may continue to perform military duty until delivery. Only those women experiencing unusual and complicated problems will be excused from all duty. Medical personnel will assist unit commanders in determining duties.

Sick in quarters

A pregnant soldier will not be placed sick in quarters solely on the basis of her pregnancy unless there are complications present which would preclude any type of duty performance.

Postpartum profile

Convalescent leave after delivery will be for a period determined by the attending physician. This is normally 42 days following normal pregnancy and delivery.

Convalescent leave after a termination of pregnancy, a miscarriage, for example, will be determined on an individual basis by the attending physician.

Soldiers will be issued a postpartum profile before commencing convalescent leave. This profile will be for 45 days and begins on the day of birth or termination of pregnancy and will allow PT at the soldier's own pace. The temporary profile remains in effect for 45 days even if the soldier returns early from convalescent leave.

Soldiers will receive clearance from the profiling officer to return to full duty.

Please see AR 600-8-10 for more information on convalescent leave.

Postpartum Profile

Postpartum soldiers are exempt from the APFT for 180 following termination of pregnancy, according to DoD Directive 1308.1. They are expected to use that time in preparation for the APFT after receiving clearance from their physician to resume PT.