**NO MANUAL LABOUR**

**Working shifts and heavy lifting ‘increase a woman’s chances of being INFERTILE’**

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Experts claim hard graft will significantly impact the chances of fertility

**WOMEN should avoid jobs involving heavy lifting if they want to have a baby, experts claim.**

A study suggests doing a physically demanding job has a significant impact on their fertility.

Researchers looked at nearly 500 women being treated for infertility.

Those who lifted heavy objects at work had nearly 15 per cent fewer viable eggs.

The problem was even greater for shift workers, older and overweight women.

Twenty-two per cent of those studied said their job was physically demanding while 40 per cent lifted or moved items.

Scientists at Harvard in the US said physical exertion appeared to damage egg quality but do not know why.

They said more research was needed as they only looked at women on fertility treatment.