

What is COSHH

COSHH stands for the **Control of Substances Hazardous to Health** and is the law that requires employers to control substances to prevent ill health. Substances can take many forms and include chemicals, grains, fumes and dusts etc. As these substances have the potential to impact upon employee's health such as dizziness, nausea and dermatitis, all employers must carry out a risk assessment to reduce potential risks.

Significant COSHH Regulations

Regulation 2: Definitions

Regulation 6: Risk Assessment

Regulation 7: Prevention or Control

Regulation 8: Use of Control Measures

Regulation 9: Maintenance

Regulation 10: Monitoring Exposure

Regulation 11: Health Surveillance

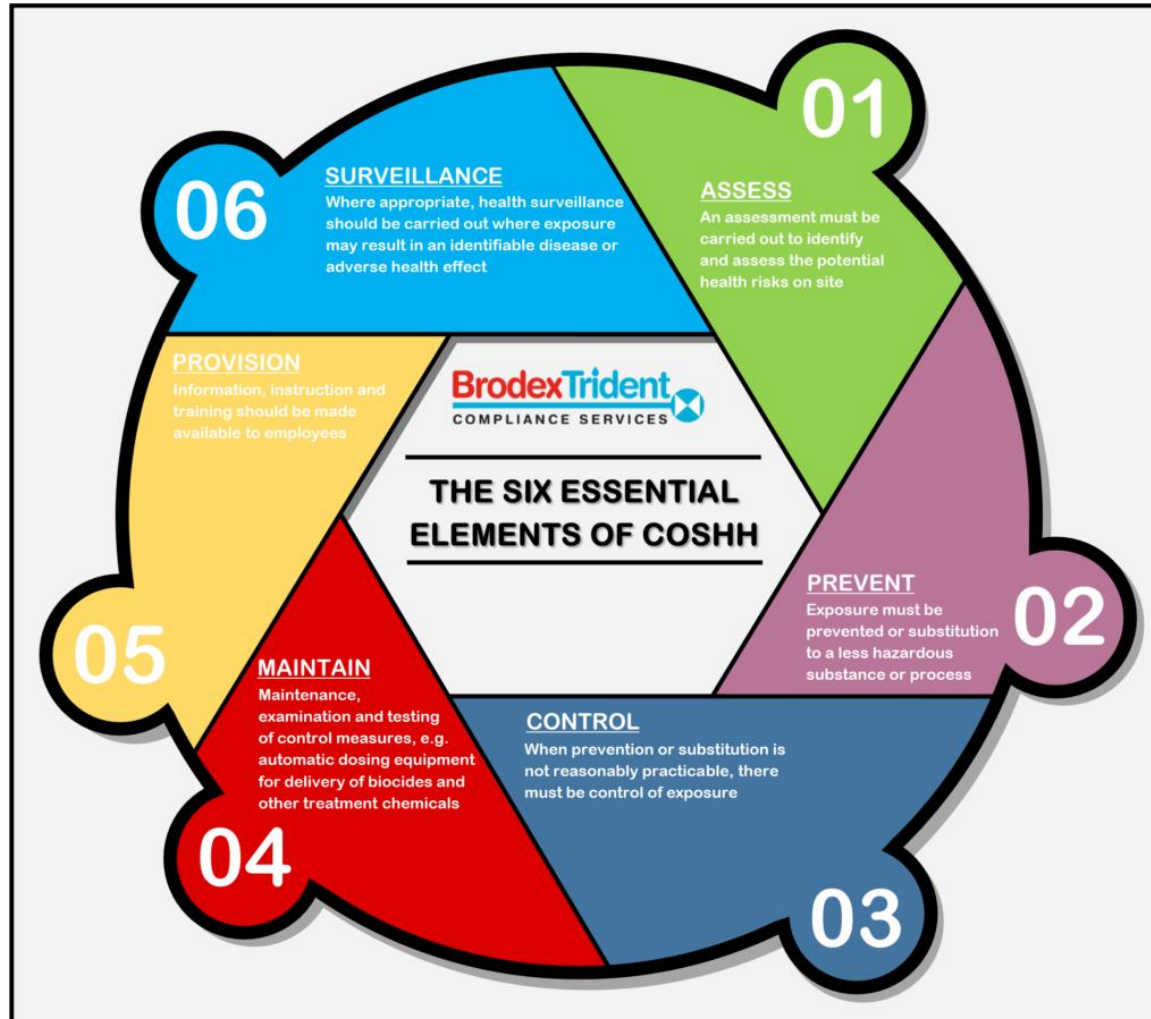
Regulation 12: Information, Instruction and Training

Regulation 13: Emergency Provision

Regulation 14: Fumigations

Regulation 15: Exemption Certificates

The 6 Essential Elements of COSHH



COSHH Symbols

 Dangerous to the environment	 Toxic	 Gas under pressure
 Corrosive	 Explosive	 Flammable
 Caution – used for less serious health hazards like skin irritation	 Oxidising	 Longer term health hazards such as carcinogenicity

COSHH Risk Assessment

Name of substance				Reference			
What is the substance used for?				Description of substance			
Assessed by				Date assessed			
Substance properties:							
						Other	
☐	☐	☐	☐	☐	☐	☐	
							
☐	☐						
Route of exposure (please circle)							
Eyes		Open cuts/ wounds		Inhalation		Skin	
Person at risk (please circle)							
User of product		Staff		Public			
Visitors		Other (specify):					
PPE requirements							
						Other	
☐	☐	☐	☐	☐	☐	☐	
							
☐	☐	☐	☐				
Additional control measures							
Handling				General precautions			
First Aid actions				Spillage and storage procedures			
Instruction and Training				Comments			

COSHH Procedure/Content

- **Introduction to COSHH** - What is a substance hazardous to health, common hazardous substances, where do hazardous substances exist, ill-health from hazardous substances, statistics, benefits of COSHH, and risk assessment.
- **COSHH Legal Regulations** - Control of Substances Hazardous to Health Regulations 2002 (as amended), the CLP Regulation, approved code of practice and guidance notes, law enforcement, employer responsibilities, and employee responsibilities.
- **Ill-health and Hazardous Substances** - Common health hazards, occupations most at risk, routes of entry, dermatitis, asthma, effects of hazardous substances to health, and RIDDOR.
- **Identifying Hazardous Substances** - Chemical labelling, safety data sheets, emergency procedures, dangerous substances, flammable substances, flammable liquids, dusts, and gases, asthma-causing substances, asbestos, and lead.
- **COSHH Risk Assessment and Control Measures** - What is a risk assessment, substance substitution, principles of good control practice, hierarchy of control measures, personal protective equipment, and safe systems of work.
- **Monitoring the Assessment and Health Surveillance** - Record your findings and implement them, review and update, monitoring the assessment, health surveillance, and Workplace Exposure Limits (WELs).

COSHH Procedure/Content

- Overview of the COSHH Regulations 2002
- Principles of COSHH Risk Assessment
- Control Measures
- Chemical Agents
- Biological Agents
- Carcinogenic Substances
- Sensitizers
- Health Surveillance
- Exposure Monitoring
- Practice of COSHH Risk Assessment

Chemical Safety

Always treat chemicals with respect.

Avoid personal contact with chemicals: avoid inhalation, swallowing and skin and eye contact.

Always wear the appropriate personal protective equipment (PPE) clothes, gloves, eye protection, shoes etc.

Always obey instructions supplied with the chemicals: refer to labels and other literature.

Always replace enclosures on chemicals.

Always store chemicals correctly.

Always ensure that safe working systems are implemented, whenever chemicals are handled.

Always know the appropriate emergency procedures.

Always pay special attention to the particular chemical hazards such as corrosives, poisons and oxidizing agents.

COSHH Regulation 6

An employer shall not carry out work which is liable to expose any employees to any substance hazardous to health unless he/she has:

Made a suitable and sufficient **assessment** of the risk created by that work to the health of those employees and of the steps that need to be taken to meet the requirements of these Regulations

Implemented the steps referred to in sub-paragraph (a).

The risk assessment shall include consideration of:

- (a) the hazardous properties of the substance
- (b) information on health effects provided by the supplier, including information contained in any relevant safety data sheet
- (c) the level, type and duration of exposure
- (d) the circumstances of the work, including the amount of the substance involved
- (e) activities, such as maintenance, where there is the potential for a high level of exposure
- (f) any relevant workplace exposure limit or similar occupational exposure limit
- (g) the effect of preventive and control measures which have been or will be taken in accordance with regulation 7
- (h) the results of relevant health surveillance
- (i) the results of monitoring of exposure in accordance with regulation 10
- (j) in circumstances where the work will involve exposure to more than one substance hazardous to health, the risk presented by exposure to such substances in combination
- (k) the approved classification of any biological agent
- (l) such additional information as the employer may need in order to complete the risk assessment.

COSHH Regulation 7

Every employer shall ensure that the exposure of his employees to substances hazardous to health is either prevented or, where this is not reasonably practicable, adequately controlled.

In complying with his duty of prevention under paragraph (1) **substitution** shall by preference be undertaken, whereby the employer shall **avoid**, so far as is reasonably practicable, the use of a substance hazardous to health at the workplace by **replacing** it with a substance or process which, under the conditions of its use, either eliminates or reduces the risk to the health of his employees.

Where it is not reasonably practicable to prevent exposure to a substance hazardous to health, the employer shall comply with his duty of control under paragraph (1) by applying **protection measures** appropriate to the activity and consistent with the risk assessment, including, in order of priority –

- (a) the **design** and use of appropriate work processes, systems and engineering controls and the provision and use of suitable work equipment and materials
- (b) **control** of exposure at source, including adequate ventilation systems and appropriate organisational measures
- (c) where adequate control of exposure cannot be achieved by other means, the provision of suitable personal protective equipment in addition to the measures required in (a) and (b)

COSHH Regulation 8

Use of control measures etc

- (1) Every employer who provides any control measure, other thing or facility in accordance with these Regulations shall take all reasonable steps to ensure that it is properly used or applied as the case may be.
- (2) Every employee shall make full and proper use of any control measure, other thing or facility provided in accordance with these Regulations and, where relevant, shall:
 - (a) take all reasonable steps to ensure it is returned after use to any accommodation provided for it; and
 - (b) if he discovers a defect therein, report it forthwith to his employer

COSHH Regulation 9

Every employer who provides any control measure to meet the requirements of regulation 7 shall ensure that:

- a) in the case of plant and equipment, including engineering controls and personal protective equipment, it is **maintained** in an efficient state, in efficient working order, in **good repair** and in a **clean condition****
- b) in the case of the provision of systems of work and supervision and of any other measure, it is **reviewed at suitable intervals** and **revised** if necessary**

Regulation 9 Local Exhaust Ventilation

Where engineering controls are provided to meet the requirements of regulation 7, the employer shall ensure that thorough examination and testing of those controls is carried out:

- (a) in the case of **local exhaust ventilation** plant, at least once every **14 months**, or for local exhaust ventilation plant used in conjunction with a process specified in Column 1 of Schedule 4, at not more than the interval specified in the corresponding entry in Column 2 of that Schedule.
- (b) in any other case, at **suitable intervals**.

COSHH Regulation 10

The employer shall ensure that the **exposure of employees** to substances hazardous to health is **monitored** in accordance with a suitable procedure, where the risk assessment indicates that:

- (a) it is requisite for ensuring the maintenance of adequate control of the exposure of employees to substances hazardous to health
- (b) it is otherwise requisite for protecting the health of employees.

COSHH Regulation 11

Where it is appropriate for the protection of the health of his employees who are, or are liable to be, exposed to a substance hazardous to health, the employer shall ensure that such employees are under **suitable health surveillance**. Health surveillance shall be treated as being appropriate where:

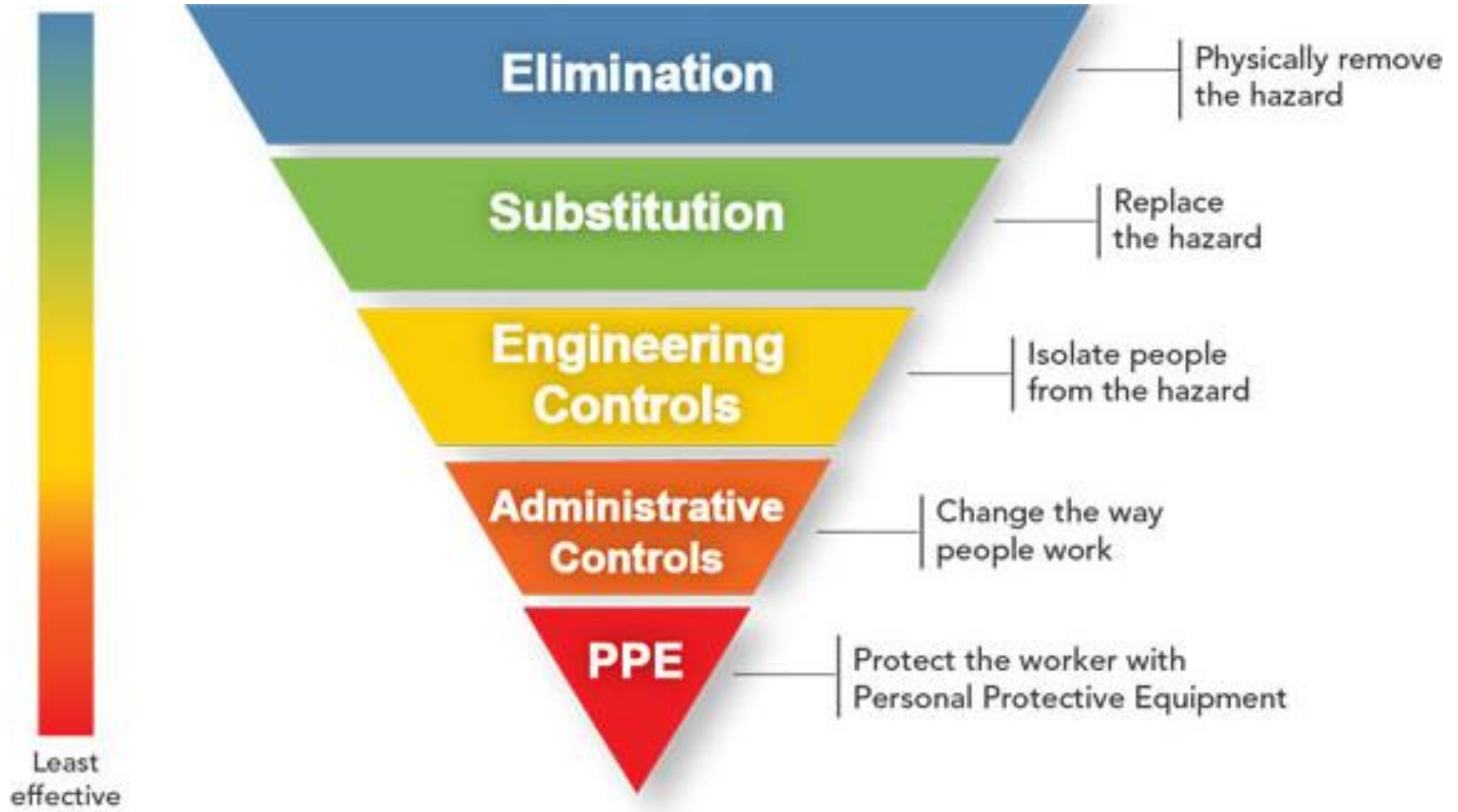
- (a) the employee is exposed to one of the substances specified in Column 1 of Schedule 6 and is engaged in a process specified in Column 2 of that Schedule, and there is a reasonable likelihood that an identifiable disease or adverse health effect will result from that exposure
- (b) the exposure of the employee to a substance hazardous to health is such that:
 - (i) an identifiable disease or adverse health effect may be related to the exposure.
 - (ii) there is a reasonable likelihood that the disease or effect may occur under the particular conditions of his work.
 - (iii) there are valid techniques for detecting indications of the disease or effect.

COSHH Regulation 12

Every employer who undertakes work which is liable to expose an employee to a substance hazardous to health shall provide that employee with suitable and **sufficient information, instruction and training.**

**Without prejudice to the generality of paragraph above, the information, instruction and training provided under that paragraph shall include: –
Etc,etc.etc.**

COSHH Hierarchy of Controls



COMAH



COSHH Label for a Hazardous Chemical

Chemical name
and product identifier

Acetone

EC No. 200-662-2

ABC Chemicals
Main Street
Anytown
Tel. 0123 456 789

Name, address
and telephone number
of supplier

Signal word

Danger

Highly flammable liquid and vapour. Causes serious eye irritation. May cause drowsiness or dizziness. Keep away from heat / sparks / open flames / hot surfaces – No smoking. Avoid breathing vapours. Wear protective gloves / eye protection. IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing. Store in a well-ventilated place. Keep container tightly closed.

Hazard
and precautionary
statements

Pictograms



Repeated exposure may cause skin dryness and cracking.

500 ml

Nominal
quantity

Supplementary information

Major Chemical Regulations

- EPR – licensing polluting activities
- COMAH – hazardous substance storage
- COSHH – occupational health/ chemicals
- REACH – hazardous substance registration
- CHIP – classification, labelling and packaging of chemicals
- ADR – transport regulations

Identify the Symbol

- **Mark one answer:**

Radioactive

Toxic

Flammable

Hazardous



Identify the Symbol

- **Mark one answer:**

Radioactive

Toxic

Flammable

Harmful



Identify the Symbol

- **Mark one answer:**

Radioactive

Toxic

Corrosive

Harmful



Identify the Symbol

- **Mark one answer:**

Radioactive

Toxic

Corrosive

Harmful



