

- Control Of Substances Hazardous to Health [COSHH] Regs 2002. This is the regulation which governs the way we use hazardous substances that could be harmful to you, other people or the environment.
- Many substances that you come in to contact daily are hazardous to health. Substances that fall under these regulations include fuel, oils, greases, cement [concrete], welding fumes, wood dust, and even some bacteria.
- You can be exposed by breathing in gases, fumes or mist, contact with the skin, swallowing, skin puncture or contact with the eyes.
- All hazardous substance that are found in the work place will have a safety data sheet and a COSHH assessment, completed by a competent person. This will highlight the dangers of the substance, the control measures that need to be followed and what to do in the event of an incident or contamination
- Control measures should include eliminate a substance for a safer one, use a paste rather than a powder, use less of the substance if possible, ensure good ventilation, have few workers at harm and the last line of defence wearing of PPE [gloves, overalls, respirator]
- You should be informed and trained on all new substances that enter the work place. You need to complete a check before using any substances read the label, wear the appropriate PPE, ensure a spill kit is in place if required.
- The **Myth ‘ Of course its safe – we’ve always done it this way.’** In reality some diseases take years to develop. If the exposure level is high because the task has always been done that way, maybe its time for a change.
- Welders and Plant Fitters work with high exposure levels to hazardous substances. Regularly yearly health checks should be completed on these individuals and 3 year health checks on all other individuals.
- Always wash your hands before eating or drinking even if you have been wearing gloves.
- If any substance is taken from its original container and put in a new one the new container must be labelled. If it is not labelled do not use the substance.

Did you know?

Every year, thousands of workers are made ill by hazardous substances, contacting lung diseases such as asthma, cancer and skin disease such as dermatitis. These diseases cost individuals, society and industry.



New Hazard Symbols

Q: ‘What is the last line of defence?’

Q: ‘What will a COSHH assessment tell you?’

Q: ‘Name three ways a COSHH assessment might tell you to protect yourself?’