



OPTIMISE
HEAT & STEAM



Toolbox Talk:

COSHH Awareness

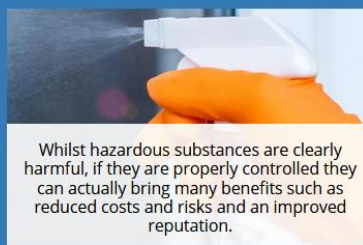
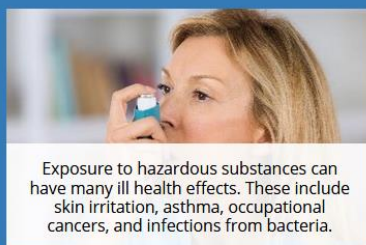
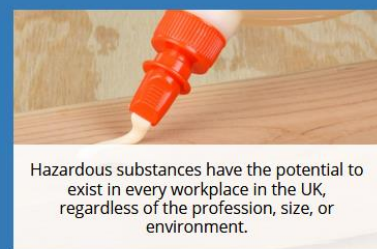
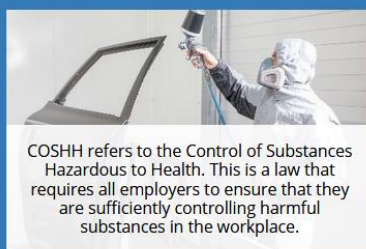
COSHH = Control of Substances Hazardous to Health

COSHH refers to the Control of Substances Hazardous to Health Regulations 2002 (as amended). These regulations require all employers to sufficiently control harmful substances in their workplaces.

Common Hazards:

- Chemicals
- Products containing chemicals
- Fumes
- Dusts
- Vapours
- Mists
- Nanotechnology
- Gases and asphyxiating gases
- Biological agents, including germs that causes diseases (such as leptospirosis or Legionnaires) and germs used in laboratories.

COSHH does NOT cover lead, asbestos or radioactive substances! These are covered by their own regulations.



COSHH Risk Assessments are done by our H&S consultant.


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It is vital that you advise the Office Administrator of any new products that you use or if there is a product that you use and it does not have a completed risk assessment (COSHH Sheets are available in the canteen to check).

 <p>The Control of Substances Hazardous to Health Regulations 2002 (as amended) is the main piece of legislation covering working with hazardous substances.</p>	 <p>You should not carry out work that exposes you to hazardous substances unless your employer has made a sufficient assessment of the risks and implemented protective control measures.</p>	 <p>The CLP Regulation 2009 covers the classification, labelling, and packaging of hazardous substances and mixtures.</p>
 <p>The approved code of practice and guidance notes can be used to help employers understand their duties and substances hazardous to health in more depth.</p>	 <p>The Health and Safety Executive (HSE) enforces health and safety law within the workplace. In the majority of cases, the HSE will give verbal or informal written advice to those who require attention.</p>	 <p>As an employee, you also have a number of responsibilities under the regulations, such as making full and proper use of any control measures or facilities provided.</p>

www.hse.gov.uk/pUbns/priced/I5.pdf

Employers have specific responsibilities to:

- 👤 Assess the risks to people from hazardous substances.
- 👤 Ensure that employees are provided with appropriate training and information on the risks.
- 👤 Prevent, supervise, monitor, or control people's exposure to hazardous substances.
- 👤 Ensure that suitable control measures are properly used and maintained.
- 👤 Draw up plans and procedures to deal with accidents and emergencies involving hazardous substances.



You, as an employee, also have a number of responsibilities under the COSHH Regulations 2002. You must:

- 👤 Make full and proper use of any control measure or facility provided by your employer.
- 👤 Take all reasonable steps to ensure any equipment is returned after use.
- 👤 Report any defects in the control measures.
- 👤 Wear and store **personal protective equipment** in accordance with instructions and remove any protective equipment that could cause contamination before eating or drinking.
- 👤 Make proper use of facilities provided for washing, showering, or bathing and maintain a high level of personal hygiene.
- 👤 Take full advantage of any information, instruction, and training that's given.

People most at risk are those who work in:

- 👤 Catering and baking.
- 👤 Cleaning.
- 👤 Beauty and hairdressing.
- 👤 **Engineering.**
- 👤 Vehicle repair and painting.
- 👤 **Welding.**
- 👤 Offshore oil and gas.
- 👤 Printing.
- 👤 Woodworking.
- 👤 Agriculture.



The most common illnesses caused by substances hazardous to health include skin problems, respiratory problems, occupational cancer, and lung disease.



The main routes of entry for hazardous substances into the body include inhalation, ingestion, and skin absorption.



Contact dermatitis occurs when your skin comes into direct contact with an irritant. The irritant damages the outer layer of the skin and can cause redness, itching, burning, and blistered and dry skin.



Asthma is a condition that affects the airways. When asthmatic people come into contact with something that irritates their lungs, it can lead to tightened airways, chest tightness, wheezing, or coughing.



Exposure to hazardous substances can be either acute or chronic. Acute exposure is usually a single exposure for a short amount of time, whereas chronic exposure occurs over a much longer period of time.



The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR) require employers to record and report the ill health of employees caused by hazardous substances at work.

Example of:

Chemical Labelling

				
EXPLOSIVE	FLAMMABLE	OXIDISING	CORROSIVE	ACUTE TOXICITY
Substances that are explosive if exposed to fire, heat, shock or friction, including self-reactive substances that can explode or burn without air.	Flammable if exposed to ignition sources, sparks or heat. Some substances may be self-reactive or able to spontaneously ignite on exposure to air. May emit flammable gases on contact with water.	May cause or intensify a fire by increasing the concentration of oxygen in the air.	Exposure can cause skin burns and permanent eye damage . May also destroy metals.	Short term exposure to small amounts of the substance may be toxic or fatal .
				
HAZARDOUS TO THE ENVIRONMENT	HEALTH HAZARD / HAZARDOUS TO THE OZONE LAYER	SERIOUS HEALTH HAZARD	GAS UNDER PRESSURE	
Acute or long-term impacts to the aquatic environments .	May result in irritation to the skin, eyes or respiratory tract or less serious toxicity . May be hazardous to the ozone layer .	May cause serious and prolonged health effects on short or long-term exposure.	Contains compressed, liquified or dissolved gas under pressure. Gas container may explode if heated.	



Under the Classification, Labelling and Packaging (CLP) Regulation, all suppliers are required to identify the hazards for the chemicals they supply.



Chemical suppliers are also required to provide safety data sheets. These give information about chemicals that can help towards a risk assessment of the product.



If your workplace and work procedures mean you have significant levels of exposure to hazardous substances, your employer must prepare for this and have emergency procedures in place.



You should follow five principles if you are to work safely with flammable substances. These are: ventilation, ignition, containment, exchange, and separation.



When they carry out a risk assessment, employers must look at asthma-causing substances. This needs to be reviewed if a worker develops asthma due to a substance at work.



Asbestos and lead both have their own pieces of legislation. However, they are both still hazardous substances that can have serious ill health effects.



A risk assessment is an examination of what, in your workplace, could cause harm to people. This is so that employers can weigh up whether they have taken enough precautions, or should do more, to prevent harm.



A safer way to work is to substitute one substance for another that's less risky. You can also use different work processes that don't involve the use or creation of the hazardous substance.



The COSHH Regulations define eight principles of good control practice which must be applied to obtain effective and reliable control over hazardous substances.



The HSE provide a hierarchical structure of control measures to minimise health risks. This has five layers: elimination, substitution, engineering controls, administrative controls, and personal protective equipment.



When employers provide you with PPE, they must ensure that it fits you correctly and is fit for purpose.



A safe system of work (SSoW) is a way of working that's designed to eliminate or reduce risks to health and safety. Employers should provide you with a SSoW for each work process and they must be kept up to date.



For the fourth step in a risk assessment, employers should record and implement their findings. This is to show that they've considered who will be affected and they've dealt with obvious significant hazards.



The fifth and final step of the risk assessment process is review and update. Employers should check on a regular basis whether there have been any changes that may affect the risk assessment.



Types of health monitoring for employees are screening, personal air monitoring, and biological monitoring.



Health surveillance is any activity that involves employers obtaining information about their workforce's health and which helps to protect their employees from risks at work.



Health surveillance must be carried out by a trained person. Basic checks can be undertaken by trained supervisors or first aiders, but more complicated procedures must be carried out by an occupational health physician.



Workplace exposure limits (WELs) are British occupational exposure limits set to protect the health of workers. WELs are concentrations of hazardous substances in the air, averaged over a specified period of time.

REMEMBER



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Do NOT put your equipment, tools or air fed hoods etc., in or on top of unknown substances. The substance may look like water but is very likely not. When you are at customers sites, it is VITAL that you are aware of your surroundings and make dynamic risk assessments.

You are responsible for your own health & safety.

If you feel the PPE issued does not meet a particular risk, please advise the Engineering manager to discuss this with.

Sign off Sheet: COSHH Awareness

Name	Signed & Dated	Name	Signed & Dated

BY SIGNING THE ABOVE, I ACCEPT THAT I UNDERSTAND WHAT IS REQUIRED OF ME AND I AGREE TO COMPLY.