



The Control of Substances Hazardous to Health (COSHH) Risk Assessment 1 day



Course Aims

1. To help employers and self employed to comply with the Control of Substances Hazardous to health (COSHH) Regulations 2002
2. To enable the delegate to carry out and record a simple COSHH risk assessment.

Course Objectives

At the end of the course delegates will be able to;

- Recognise the nature or harm arising from substances to health in the workplace
- Identify the types of controls that should be in place for hazardous substances
- Understand the basic requirements of the COSHH Regulations
- Participate in, and contribute to assessments in accordance with the COSHH Regulations and good practice
- Recognise the limits of their own competence and where to obtain further help and guidance

Course Outline

- Brief history of COSHH
- Properties of chemicals
- The importance of article size
- Categories of danger
- Toxicity testing
- Health effects
- Routes of entry
- Target organs
- Lung irritants
- Metabolism
- Inhalation of dusts and fibres
- Silicosis and pneumoconiosis

- Respiratory sensitisers
- Health effects on the skin
- Classification of dangerous substances
- Overview of the COSHH Regulations
- COSHH assessment main steps
- Sources of information inc material safety data sheets
- Examples of controls
- Recent court cases
- Recording significant findings
- End of course test

Training Methods

Lectures, experiments and practical exercises.

Delegate numbers

Up to a maximum of 12 delegates

Programme times

0930 to 1230 Lunch and then 1330 to 1630

For more information

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Trainer and safety consultant, has been involved in training for over 30 years, leaving the Governments' Skills Training Agency as a higher instructional officer in 1992 to set up his own Training and Safety Services.

He is a safety advisor to a number of small/medium size businesses in the Norwich and Norfolk area and assists them in the completion of safety policies, general risk assessments, noise risk assessment and hearing tests. He also provides specially designed tool-box training sessions for his clients so that his training is always relevant to the client needs.

Training sessions include:

Accident investigation, Asbestos awareness, Compressed air safety, Control of substances hazardous to health, Display screen equipment, Electrical safety, Fire warden training, Hand arm vibration, Human behavioural safety, Human Kinetics, Manual handling, Noise awareness, Permit to work, Provision and use of work equipment, Risk assessment, Safety leadership, Safety Policy, Safe use of lifting equipment, Working at height, Workplace safety, Work related upper limb disorders.

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