

1 Day Course

This course is designed to provide persons who manage or supervise workplaces and work with an understanding of the legislation, the risks to health by exposure to hazardous substances and the means by which those risks can be controlled.

Session 1 Introduction and Setting the Course Objectives

Session 2 An overview of the COSHH Regulations

An outline of the regulations. Defining substances hazardous to health. Workplace Exposure Limits (WELs). Units used to express exposure values. Mg/m³, Parts-per-Million. Time weighted exposure.

Session 3 Health Risks

Typical health risks associated with exposure to hazardous substances in the construction industry. Method of substances entering the body. Chronic and acute health risks. Requirements for medical surveillance and record keeping. Additive and synergistic substances

Session 4 Sources of Information

Requirements on suppliers of substances. Material safety data sheets. Information required. Labelling of health information on products.

Session 5 COSHH Assessments

Legal requirements for assessing risks. Hierarchy of preventive measures. Content of a COSHH assessment.

Practical Exercise: Using manufacturers information to produce a simple COSHH assessment

Session 6 Miscellaneous Requirements

Typical engineering control measures available. Local exhaust ventilation. Maintenance and inspection of equipment. Methods of measuring concentrations of hazardous substances.

Session 7 Personal Protective Equipment

Review of the types of PPE used as part of the control measures. Performance of gloves, eye protection, respirators, etc.

Session 8 Putting COSHH into Practice

Syndicate Exercise: Preparing a COSHH assessment, specifying control measures, PPE

Session 9 Information and Training

Extent of information required to be provided to those exposed to substances hazardous to health. Training to allow persons to fulfil their legal obligations.

Session 10 Course Review and Conclusion

Objectives

Upon completion of the course, delegates should be able to: -

- Understand what is meant by a "substance hazardous to health";
- Appreciate the exposure values;
- Know what is required by a COSHH assessment; and
- Recognise the requirements of the COSHH Regulations.

Maximum number of delegates: 16