

**Control of Substances Hazardous to Health Regulations 2002 (as amended)  
COSHH  
Management of Substances Hazardous to Health**



**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.  $\text{Mg/m}^3$ , 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**