

## COSHH

**Overview** This talk will cover: risk assessment, hazards, control measures and safe use of substances.

### Risk Assessment

- 1 Management must carry out a risk assessment to find out whether:
  - Exposure to a substance can be eliminated
  - Alternative work methods can reduce exposure
  - A less hazardous substance can be used
- 2 Any substance with a hazard warning label has the potential to cause harm – assess the risk before using it.

### Hazards

- 1 How you could be affected by a hazardous substance:
  - ingestion – eating contaminated food
  - inhalation – breathing harmful dust or fumes
  - absorption – chemicals entering through cuts etc.
- 2 Examples of hazardous substances on construction sites:
  - contaminated ground
  - concrete admixtures
  - cement
  - solvent fumes
  - hardwood dust
  - resins
  - epoxy-based paints
  - welding fumes
  - asbestos
- 3 Don't mix chemicals or substances



### Control measures

- 1 When using hazardous substances, wear the correct PPE.
- 2 Know how to look after and use PPE correctly.
- 3 Know where washing and first-aid facilities are on site.
- 4 Ensure hazardous substances are put back into a secure location after use and not left out on site.

### Use of substances

- 1 Make sure you are trained to use hazardous substances.
  - 2 Read and comply with the information on the hazard data sheet and the instructions on the product label.
  - 3 Don't eat, drink or smoke when handling substances.
  - 4 Don't expose workers to fumes, dust, gas or other dangers from hazardous substances due to your work.
  - 5 Always wash at the end of each shift and before eating.
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**REMEMBER:** KNOW WHAT PPE TO WEAR TO PROTECT AGAINST THE HAZARD.

**Do you have any questions for me?**

**NOTE:** Failure to comply with safety instructions and RAMS and COSHH Assessments may result in disciplinary actions

Serial	Name	Date of Toolbox Talk	Signature	Site

***By signing this register you are confirming that you attended the toolbox talk and understand the requirements for working safely with substances***

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