



CoSHH Control of Substances Hazardous to Health



Purpose / objectives

This talk discusses risk assessment, hazards, control measures and safe use of substances, commonly known as CoSHH



Hazards / risks

Processes use and can create hazardous substances

Using, or being exposed to hazardous substances without the proper controls in place can damage your health



Risk assessment

A competent person must carry out a CoSHH risk assessment.

This should help to identify whether:

- Exposure to a substance can be avoided
- A less hazardous substance can be used instead
- Alternative work methods can reduce exposure

Many substances used or created have the potential to cause harm

Hazards

Your health could be affected by a hazardous substance through:

- Ingestion – eating contaminated food, or smoking contaminated cigarettes
- Inhalation – breathing in harmful dust, fumes or vapours
- Injection – high-pressure fluids or contaminated sharp objects
- Absorption – chemicals entering through cuts

Examples of hazardous substances on construction sites include:

- Contaminated ground
- Cement
- Hardwood dust
- Concrete admixtures
- Solvent fumes
- Resins
- Epoxy-based paints
- Welding fumes
- Asbestos
- Diisocyanates- see TBT032



Do not mix chemicals or substances unless you are following a safe and authorised process

Control measures	Follow your employer's safe system of work and any precautions or control measures identified in the risk (CoSHH) assessment for each substance you are handling
	When using hazardous substances, wear the correct PPE (where required)
	Know how to use and care for your PPE correctly. If it is damaged, get it replaced
	Always return hazardous substances to a secure location after use. Do not leave them on site

Safe use of substances	Make sure you have appropriately been trained before using any hazardous substance
	Comply with the CoSHH assessment and any instructions on the product label
	Do not eat, drink or smoke when working with or handling hazardous substances
	Do not expose others to fumes, dust, gas or other dangers from hazardous substances whilst you work
	Always wash your hands at the end of each shift and before eating, drinking or smoking

 Explosive	 Flammable	 Oxidising
 Toxic	 Health Hazards	 Harmful
 Corrosive	 Gases under Pressure	 Environmental

The Globally Harmonised System (GHS) of pictograms can help you identify substances that may harm you or others in the area. Look for these on packaging labels

Questions?



- Before using a substance, what do you need to consider?
- List the three ways a substance can enter your body?
- What should you do with substances at the end of your shift?
- Where can you get information about the hazardous substance you are using?
- What can you wear to protect yourself against substances?
- Name five hazardous substances you may find in your place of work



Trainers note:
Always follow your employer's safe system of work for the particular substance you are handling

Toolbox Talk Confirmation Sheet

I have read/been given the “CoSHH Control of Substances Hazardous to Health” **Toolbox Talk**. I understand my responsibilities and the importance of bringing any concerns to the attention of my manager/supervisor and that all work **MUST** be undertaken in line with company policy and supporting risk assessments.

Name	Signature	Date