

## **CONTROL OF SUBSTANCES HAZARDS TO HEALTH 'COSHH'**

### **Introduction**

COSHH is the control of substances hazardous to health. The purpose of COSHH is to minimise the risk associated with substances that are hazardous to health, therefore reducing the number of people made ill through exposure. All incidents are to be reported immediately upon contact.

Guidance notes from the COSHH 'a brief guide' written by the 'HSE' Health and Safety Executive should be followed.

### **Risk Assessment**

A risk assessment must be carried out prior to starting works. Following this it may be identified that certain there may be substances hazardous to health. Upon working in certain locations and using different materials, check for potential hazards by taking in your surroundings and reading labels.

Identify if working with hazardous materials the control measures that need to be taken. Do you have to work with these materials? Have you adequately assessed the risk? Are you using the correct PPE to work on these items safely?

### **Examples**

Gas, fumes and dust are some examples of what may be found and can be hazardous, these can cause breathing issues and skin irritation. Exposure to eyes, skin, and lungs can be severely damaging to health.

### **Control Measures**

For some substances there are control measures that can be identified, and prevention can be used. For example, cutting of woods, plastics and metals may cause dust and shards, so always wear eye protection and a full-face mask.

Eliminate the use of harmful products where possible or use safer materials. Lower the risk to other workers. Always wear the correct PPE.

### **Control Equipment**

Certain risks can have equipment to help combat, for example dust can be limited by extract ventilation or spray bottles of water. Air flow rates can be taken to examine if air quality is safe for breathing. Once control is set, maintenance is important. Regular checks of control equipment to reduce the spread of hazardous substances is important.

## Training

Employees are regularly trained with 'toolbox talks' to help identify potential dangers to health. Always speak to you supervisor, health and safety officer or consult the health and safety executive in in doubt.

This statement has been approved by Harrison How.



Michael Parker

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