



**Consultants in Industrial Health  
Safety and Environmental Management**

## **COSHH - The Control of Substances Hazardous to Health Regulations**

The Control of Substances Hazardous to Health Regulations (COSHH) (as amended) cover the presence and use of substances in the workplace that are 'hazardous to health'. The risks of using such substances must be assessed and controlled and employees must be given information, instruction and training on the use of such substances and use the required control measures.

### **What should you know?**

If you work with hazardous substances then you should be familiar with:

- the risks to health caused by exposure
- precautions which need to be taken
- purpose and use of control measures
- use of personal protective equipment (PPE)
- emergency procedures
- results of any workplace monitoring
- your occupational health record.

**For further information on  
COSHH and our  
COSHH Assessor training  
course contact us  
via email or just give us a  
call**

### **Action to take**

Both employers and employees have responsibilities under COSHH. Employees must:

- co-operate with their employer, eg by attending training courses
- always use control measures designed to reduce exposure
- correctly use the PPE provided
- report any problems with PPE or other equipment
- report non-compliance with safe systems of work
- attend occupational health checks
- cooperate with the risk assessment process.

### **How to identify a substance that is hazardous to health**

- Read the product label - hazardous substances are (generally) marked with one or more hazard symbols
- consider risks which may generate hazardous substances such as welding or removing lead-based paints
- refer to information (safety data sheets) provided by suppliers
- don't forget some hazardous substances - like body fluids - might not have safety data sheets
- ask for advice.

*If you have any questions or concerns about substances in use at work, then you should speak to your supervisor or safety representative.*

### **Legislation and resources**

- The Control of Substances Hazardous to Health (COSHH) Regulations 2002 (as amended)
- Control of Substances Hazardous to Health. The Control of Substances Hazardous to Health Regulations 2002 (as amended). Approved Code of Practice and Guidance L5
- INDG136 (rev5): Working with Substances Hazardous to Health. What You Need to Know About COSHH.

 [www.occhnet.co.uk](http://www.occhnet.co.uk)

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