

# C.O.S.H.H

The Control Of Substances Hazardous To Health Regulation



## DO YOU WORK WITH HARMFUL SUBSTANCES?

If you answered no – it is likely you have fallen for a common hazardous substance myth.

It might not be obvious, but the reality is most workplaces use substances that can be hazardous to health.

Chemicals and other hazardous substances can put your health at risk, so understandably, the law requires employers to control exposure to such substances under the Control of Substance Hazardous to Health regulations – often shortened to COSHH.



## What is a substance hazardous to health?

Hazardous substances can be found in nearly all work environments and take lots of different forms. They could be solids, liquids, gases, mists or even fumes.

Some are obvious like adhesives, paints and cleaning agents. Others are not so obvious like natural substances such as grain and dust.

## Effects of hazardous substances

The health effects of hazardous substances can be very serious, and cause both short and long term effects.

For example: if a cleaner was to spill a bleach product onto their skin, it would likely cause a burn or inflammation - ordinarily a short term effect. But should the bleach splash into the cleaner's eye, the damage to vision could be permanent.

The reality is, anyone who works with or is exposed to hazardous substances is at risk.



## Law, Rules and Regulations

Aside from General Health and Safety Legislation, the Control of Substances Hazardous to Health Regulations 2002 and more recently the amendment in 2004, apply to activities involving hazardous substances and help employers meet their duties under COSHH legislation.

Under the legislation the substances hazardous to health are defined as – Very Toxic, Toxic, Corrosive, Harmful and Irritant.



## Takeaway

Every year, thousands of workers are made ill by hazardous substances – don't become one of them. The COSHH regulations are designed to protect you.

If you want more information on the topic of COSHH you should speak to your Manager, Supervisor & Safety Representative

Remember – nothing you do is worth getting hurt for.

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