

COSHH

COURSE CONTENT OVERVIEW



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HIGH SPEED™  
TRAINING

The Control of Substances Hazardous to Health (COSHH) Training Course is designed to ensure compliance with the COSHH Regulations 2002 (as amended) by teaching learners how to identify and control substances hazardous to health.

The course explains both employer and employee responsibilities under the COSHH regulations. It details how to undertake a COSHH risk assessment, common ill-health effects from working with hazardous substances, and safe working methods.

### **Module One: Introduction to COSHH**

This module explains what a hazardous substance is and where they can be found in the workplace. It also offers some Health and Safety Executive (HSE) statistics to highlight the importance of COSHH, and the benefits of following COSHH guidelines.

- What is a substance hazardous to health?
- Common hazardous substances
- Where do hazardous substances exist?
- Ill-health from hazardous substances
- Statistics
- Benefits of COSHH
- Risk assessment

### **Module Two: COSHH Legal Regulations**

This module focuses on the Control of Substances Hazardous to Health Regulations 2002 (as amended) and outlines essential employer and employee responsibilities.

- Control of Substances Hazardous to Health Regulations 2002 (as amended)
- The CLP Regulation
- Approved code of practice and guidance notes
- Law enforcement
- Employer responsibilities
- Employee responsibilities

### **Module Three: Ill-health and Hazardous Substances**

This module examines the ill-health effects from hazardous substances, providing information on the symptoms and guidance. The module also explains the routes of entry and your responsibilities under RIDDOR.

- Common health hazards
- Occupations most at risk
- Routes of entry
- Dermatitis
- Asthma
- Effects of hazardous substances to health
- RIDDOR

### **Module Four: Identifying Hazardous Substances**

This module outlines ways of identifying hazardous substances in your workplace. It provides information on chemical labelling, as well as dangerous and flammable substances.

- Chemical labelling
- Safety data sheets
- Emergency procedures
- Dangerous substances
- Flammable substances
- Flammable liquids, dusts, and gases
- Asthma-causing substances
- Asbestos
- Lead

### **Module Five: COSHH Risk Assessment and Control Measures**

This module details how to conduct a COSHH risk assessment and the appropriate control measures that must be in place to protect the workforce from harm.

- What is a risk assessment?
- Substance substitution
- Principles of good control practice
- Hierarchy of control measures
- Personal protective equipment
- Safe systems of work

### **Module Six: Monitoring the Assessment and Health Surveillance**

This module explains the final steps in the risk assessment process and states the importance of monitoring the assessment and keeping findings updated. The module also focuses on health surveillance and Workplace Exposure Limits (WELs).

- Record your findings and implement them
- Review and update
- Monitoring the assessment
- Health surveillance
- Workplace Exposure Limits (WELs)

## Aims of the Training

By the end of this course learners will:

- Know how to identify hazardous substances in the workplace.
- Understand the ill-health effects that hazardous substances can cause.
- Understand COSHH legal regulations, including the responsibilities of employers and employees.
- Know what to consider for a COSHH risk assessment.
- Understand the importance of health surveillance for employees who work with hazardous substances.