

COSHH and Hazardous Substances — Training Delivery Pack

Deliver in house. About an hour. No external trainer needed.

This is the session content. Work through it, then test with COS-05 and assess practically with COS-06.

1. It is the slow ones that get people (10 min)

- Occupational lung and skin disease cost far more lost days than injuries.
- You do not feel it happening. By the time you do, it is often permanent.
- Asthma and dermatitis end careers.

2. The hierarchy (15 min)

- Eliminate, substitute, engineer, THEN PPE.
- PPE is the last line, not the plan.
- Ask the group what we use here that could be swapped for something safer.
- This is the failing an inspector finds fastest.

3. Reading a safety data sheet (10 min)

- Where the hazard statements are, where the precautions are, what to do in an emergency.
- Work through a real SDS for something we actually use.

4. Gloves and masks (15 min)

- A glove is not a glove. Check the breakthrough data for the actual chemical.
- Change gloves when contaminated. Wash and dry hands.
- Tight-fitting masks must be fit tested on you, and you must be clean shaven at the seal.
- Fit check every single time.

5. Labels, mixing and spills (10 min)

- Never decant into a drinks bottle. People have died from this.
- Never mix. Bleach and acid products make chlorine gas.
- Where the spill kit and eye wash are, and how to use them.

Trainer	Date	Duration	Location

Scope and limitations — read before use

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