

## 7. C.O.S.H.H - Controlled - Version 3 - 2025-07-01

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# 17. C.O.S.H.H

A COSHH assessment must be carried out for substances covered by a hazard warning sheet, label or those other substances known to cause health risks.

- Ensure you know the requirement of the assessment and are trained to use the substance.
- Hazardous substances enter the body through:
  - Ingestion - eating food with contaminated hands
  - Inhalation - breathing in harmful dusts or fumes
  - Absorption - chemical entering through cuts etc.
- Known examples of hazardous substances are:
  - o All forms of dust
  - o Epoxy based products
  - o Concrete
  - o Solvents
  - o Oils and lubricants
  - o Cement and mortar
  - o Welding/soldering fume
- Use any personal protective equipment required by the assessment.
- Do not eat, drink or smoke when handling substances.
- Know where the washing and first aid facilities are.
- Always wash at the end of shift or before eating.
- Ensure all hazardous substances are locked away after use.