

Information for Employers and Duty Holders

A Summary – The Control of Substances Hazardous to Health (COSHH), 2002

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COSHH Regulations

Regulation 6	Have a written COSHH Risk Assessment for all anticipated workplace exposures, inform appropriate people and review regularly. Identify and implement additional controls as necessary
Regulation 7	Prevent or, where not reasonably practicable, adequately control exposure for all routes of entry, via prioritised control measures (Hierarchy of Control, Schedule 2A). Reduce exposure to carcinogens, asthmagens and sensitisers to ALARP
Regulation 8	Ensure controls are properly used or applied
Regulation 9	Check, test and maintain controls. For example, test LEV every 14 months or more frequently if in Schedule 4. Keep records for a minimum of five years
Regulation 10	Monitoring exposure at the workplace – where Risk Assessment (Regulation 6) indicates that it is requisite for ensuring maintenance of adequate control, or it is otherwise requisite for protecting the health of employees. Undertake at regular intervals, or when change occurs. Keep records for 40 years if personal exposures. Not required if can demonstrate Regulation 7 compliance
Regulation 11	Health surveillance for substances/processes in Schedule 6, or an identifiable disease/health effect may be related to the exposure, may occur, and there are valid techniques for detecting the disease/effect (that are low risk to employee). This includes where there are previous cases of work-related ill health, where there is reliance on PPE, or where there is evidence of ill-health in the industry
Regulation 12	Provide employees with sufficient information, instruction and training
Regulation 13	Make plans for spillage, first aid, and fire – accidents, incidents and emergencies

Schedule 2A

The Principles of Good Practice for The Control of Substances Hazardous to Health

1. Minimise emission, release and spread at source
2. Consider all routes of exposure, and rank their importance
3. Control measures must be proportionate to the health risk e.g., carcinogen or reversible irritation
4. Choose effective and reliable control options (Regulation 7)
5. PPE is the final option and is to be used in combination with other control measures
6. Review the effectiveness of controls
7. Provide information and training on the hazards, risks, and controls
8. New measures should not increase the overall risk to health and safety

An occupational hygienist can help you to understand how the COSHH Regulations apply to your workplace, and assist you to determine if you are compliant and protecting your workforce adequately.

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