

## Control of Substances Hazardous to Health (COSHH)

### Overview

This short course introduces staff to a range of hazardous substances, the risks and controls available, and what to expect from a control of substances hazardous to health (COSHH) assessment. It prepares them to contribute to the safer use of hazardous substances in their workplaces.

### Who should attend?

Anyone who uses substances hazardous to health at work, eg, cleaners, maids, housekeeping staff.

### Format

A half-day session, for up to 12 people.

### Programme outline

#### 1 Definition and types

- Defining what constitutes a substance hazardous to health in the workplace
- Outlining the various types of hazardous substances

#### 2 Health effects

- Exploring the health effects caused by exposure to hazardous substances
- Routes of entry – exploring how substances can enter the body and methods of prevention

#### 3 Data

- COSHH register
- Data sheets
- Risk assessments
- Control options

#### 4 Responsibilities

- An overview of the responsibilities imposed by the Control of Substances Hazardous to Health Regulations 2002

### The expert trainer

**Frances** is a highly qualified (MA, BSc, FRSPH, Chartered Fellow CIPD, MCIEH, Post Grad Law Cert) independent consultant and trainer in the health and safety field with a postgraduate certificate in law.

Formerly a training manager in a large London hospital, and with a background before that in catering management, Frances is also a registered CIEH and RSPH trainer, a qualified Food Inspector and Mentor and Affiliate of the Institute of Fire Engineers. She also has experience as a senior lecturer at a London college.

She has extensive practical management experience and is a very popular trainer generally, and particularly in the hospitality and commercial sectors as well as with local and central government departments. With over 20 years' training experience in a diverse cross-section of organisations and holding various management and consultancy roles in global industries, Frances has a wide range of experience to draw upon.

See what people have said about her training:

- Lovely lady, well-paced training, well explained.
- Very good trainer!!
- Easy to understand, friendly atmosphere.
- Very good training.
- Very interesting and clear explanation.
- Helpful, approachable and knowledgeable.
- She's the best!
- Clear, concise and to the point.
- Very good – made the class enjoyable and easy to understand.
- Great!