



1. Hazardous substances may be used in or created by any industrial process.
2. Do not ignore a hazardous substance warning.
3. It is a management responsibility to carry out a risk assessment to find out whether:
  - Exposure to a substance can be eliminated?
  - Alternative work methods can reduce exposure?
  - A less hazardous substance can be used?
4. Any substance with a hazard warning label has the potential to cause harm-assess the risk before using it.
5. You could be affected by a hazardous substance by:
  - Indigestion-eating contaminated food.
  - Inhalation-breathing harmful dusts or fumes.
  - Absorption- chemical entering through the skin or cuts.
6. Do not mix chemicals or substances.
7. Cement Dust: Can cause Dry-lung disease. Wet-burns.
8. Isocyanate (2 packs) paints: Can cause Occupational asthma.
9. When using hazardous substances, wear the correct PPE as per the COSHH assessment.
10. Know where the washing and first aid facilities are on site.
11. Dispose of unused materials or empty containers safely as per the COSHH assessment.
12. Read and comply with the information on the COSHH assessment sheet.
13. Do not eat, drink or smoke when handling substances.
14. Always wash hands at the end of each shift and before eating or smoking.

### Questions

1. Before using a substance, what should you consider?
2. Name the three ways a substance can enter your body?
3. Where can you obtain information about the hazardous substances that you are using?
4. What can you wear to protect against substances?