Training Course on Control of Hazardous Substances (COSHH)

Professional Development Training Course Outline

Category	Occupational Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Training Course on Control of Hazardous Substances (COSHH) is designed to equip professionals and organizations with the essential knowledge, regulatory compliance skills, and safety practices required to manage hazardous substances in the workplace. With increasing global concerns over occupational health, chemical safety, and regulatory compliance, this course empowers participants to minimize workplace exposure risks, implement effective COSHH assessments, and foster a safety-first work environment.

The course focuses on hazard identification, risk assessment, and control measures, using real-world case studies, up-to-date legislation, and interactive learning techniques. Whether you are a health and safety officer, facilities manager, or HR personnel, this COSHH training will enhance your ability to reduce exposure, protect workers, and meet legal obligations under health and safety laws.

Programme Curriculum

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Course Objectives

1. Understand the principles and legal requirements of COSHH regulations.
2. Identify different types of hazardous substances and their health impacts.
3. Conduct effective risk assessments and implement risk mitigation strategies.
4. Apply safe practices for chemical handling and storage.
5. Recognize signs and symptoms of chemical exposure.
6. Utilize PPE (Personal Protective Equipment) correctly and effectively.
7. Comply with workplace safety standards and legal requirements.
8. Implement procedures for incident reporting and emergency response.
9. Create and maintain COSHH records and safety data sheets (SDS).
10. Promote a safety culture within the organization.
11. Train and supervise staff in hazard control procedures.
12. Minimize environmental contamination through proper waste disposal.
13. Conduct internal audits for continuous COSHH compliance improvement.

Target Audience

1. Health and Safety Managers
2. Compliance Officers
3. Facility Managers
4. Laboratory Technicians
5. Industrial Workers
6. Human Resources Professionals
7. Supervisors and Team Leaders
8. Environmental Health Officers

Course Duration: 5 days

Training Modules

Module 1: Introduction to COSHH and Legal Framework

- Overview of COSHH Regulations 2002
- Importance of compliance with UK/EU regulations
- Definition of hazardous substances
- Responsibilities of employers and employees
- Role of HSE (Health and Safety Executive)
- **Case Study:** Chemical incident at a manufacturing plant and its legal consequences

Module 2: Identifying Hazardous Substances

- Types of hazardous substances (gases, liquids, solids)
- Use of labels and Safety Data Sheets (SDS)
- Classification under CLP Regulation
- Understanding toxicological symbols
- How to conduct a substance inventory
- **Case Study:** Mislabelled cleaning agents in a hospital setting

Module 3: Health Effects and Routes of Exposure

- Acute vs. chronic exposure
- Inhalation, ingestion, skin absorption routes
- Short-term and long-term health effects
- Symptoms of exposure

- Occupational exposure limits (OELs)
- **Case Study:** Dermatitis outbreak in a chemical lab

Module 4: COSHH Risk Assessment Procedures

- Steps in conducting a COSHH risk assessment
- Identifying exposure scenarios
- Evaluating severity and likelihood
- Determining control measures
- Reviewing and updating assessments
- **Case Study:** Risk assessment failure in a warehouse

Module 5: Control Measures and PPE

- Hierarchy of control
- Engineering controls and ventilation
- Safe storage and segregation
- Selection and maintenance of PPE
- Employee training on proper PPE use
- **Case Study:** Inadequate PPE use in a paint factory

Module 6: Safe Handling, Storage, and Disposal

- Best practices for handling chemicals
- Labelling and signage protocols
- Segregation of incompatible substances
- Spill management procedures
- Waste disposal laws and sustainability
- **Case Study:** Spill incident due to poor storage practices

Module 7: Monitoring and Health Surveillance

- Air quality monitoring methods
- Biological monitoring techniques
- Health surveillance programs
- Record-keeping requirements
- Worker participation and consent
- **Case Study:** Lung condition discovered via routine monitoring

Module 8: Emergency Response and Incident Reporting

- Creating emergency action plans
- First aid procedures and spill kits
- Evacuation protocols
- Reporting under RIDDOR
- Post-incident analysis and improvement
- **Case Study:** Rapid containment of a toxic gas leak

Training Methodology

- Interactive classroom sessions with presentations and Q&A
- Hands-on exercises and practical demonstrations
- Group discussions to encourage workplace-specific problem solving
- Case study analysis for real-world application of COSHH practices
- Online learning materials and downloadable guides for flexible access
- Knowledge checks and assessment to ensure learning outcomes are met

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

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