Comprehensive COSHH Compliance and Risk Management Training Course



21 - 25 Dec 2026

Cape town

4600 € (Per Person)

Ref: #HSE2121_276588

Course Introduction / Overview:

This course provides a comprehensive framework for understanding and implementing the Control of Substances Hazardous to Health (COSHH) regulations. In today's industrial landscape, effective chemical safety management is not just a legal requirement but a cornerstone of operational excellence and employee well-being. This program is meticulously designed to move beyond basic compliance, equipping participants with the skills to conduct thorough COSHH risk assessments, implement robust control measures, and foster a proactive safety culture. Drawing on principles outlined in seminal works like "Lees' Loss Prevention in the Process Industries", the course emphasizes a systematic approach to identifying, evaluating, and controlling exposure to hazardous substances. Participants will gain practical knowledge on everything from interpreting Safety Data Sheets (SDS) to developing emergency response plans. BIG BEN Training Center has developed this curriculum to ensure that delegates can confidently manage chemical risks, protect their workforce, and ensure their organization meets its health and safety obligations effectively and efficiently. The training delves into the nuances of exposure monitoring, health surveillance, and the critical hierarchy of control, ensuring a holistic mastery of the subject.

Target Audience / This training course is suitable for:

- Health and Safety Managers and Advisors.
- Supervisors and Team Leaders in operational roles.
- Maintenance and Engineering Personnel.
- Laboratory Technicians and Research Staff.
- Facilities Managers.
- Operations Managers.
- Anyone responsible for conducting COSHH assessments.
- Employees who work with hazardous substances.

Target Sectors and Industries:

- Manufacturing and Engineering.
- Construction and Demolition.
- Pharmaceuticals and Biotechnology.
- Healthcare and Clinical Laboratories.
- Agriculture and Horticulture.
- Oil, Gas, and Petrochemicals.
- Waste Management and Recycling.
- Education and Research Institutions.
- Governmental bodies and regulatory agencies.
- Cleaning and Sanitation Services.

Target Organizations Departments:

- Health, Safety, and Environment (HSE/EHS).
- Operations and Production.
- Maintenance and Engineering.
- Research and Development (R&D).
- Quality Assurance and Control.
- Facilities Management.
- Logistics and Warehousing.
- Human Resources and Training.

Course Offerings:

By the end of this course, the participants will have able to:

- Identify substances hazardous to health within their workplace.
- Conduct a systematic and suitable COSHH risk assessment.
- Interpret complex information from Safety Data Sheets (SDS).
- Apply the hierarchy of control to effectively manage chemical risks.
- Select appropriate Personal Protective Equipment (PPE) for specific tasks.
- Understand the principles of Local Exhaust Ventilation (LEV) systems.
- Develop procedures for handling chemical spills and emergencies.
- Implement requirements for health surveillance and exposure monitoring.
- Maintain accurate records for COSHH compliance.
- Promote a positive chemical safety culture within their teams.

Course Methodology:

The training methodology employed by BIG BEN Training Center is designed to be highly interactive, engaging, and practical, ensuring that participants can apply their learning directly to their work environments. The course moves beyond traditional lectures, incorporating a blended learning approach that includes expert-led presentations, dynamic group discussions, and collaborative problem-solving exercises. A significant emphasis is placed on real-world case studies, where participants will analyze scenarios drawn from various industries to practice conducting COSHH assessments and developing control strategies. Interactive workshops will allow for hands-on experience with tools like Safety Data Sheets and risk assessment templates. The sessions will also feature video demonstrations of best practices in chemical handling and control measure implementation. Our experienced instructors facilitate a supportive learning environment, encouraging active participation and providing personalized feedback throughout the five-day program. This immersive approach ensures a deep and lasting understanding of COSHH principles and their practical application.

Course Agenda (Course Units):

Unit One: Foundations of COSHH and Legal Requirements

- Introduction to COSHH Regulations 2002.
- Defining substances hazardous to health.
- Legal duties of employers and employees.
- The consequences of non-compliance.
- Understanding key terminology and definitions.
- The role of Approved Codes of Practice (ACOP).
- Global Harmonized System (GHS) and CLP Regulation overview.

Unit Two: Hazard Identification and Information Sources

- Identifying hazardous substances in the workplace.
- Understanding different forms of chemical substances (solid, liquid, gas, dust, fume).
- How to effectively read and interpret a Safety Data Sheet (SDS).
- Sources of information for hazard identification.
- Understanding hazard pictograms, signal words, and statements.
- Categorizing health effects (acute vs. chronic).
- Introduction to Workplace Exposure Limits (WELs).

Unit Three: The COSHH Risk Assessment Process

- The five steps of a COSHH risk assessment.
- Evaluating the risks to health from exposure.
- Considering routes of exposure (inhalation, ingestion, absorption).
- Assessing who might be harmed and how.
- Documenting the findings of the assessment.
- Practical exercises in conducting a sample risk assessment.
- Prioritizing risks for control.

Unit Four: Principles and Application of Control Measures

- The hierarchy of control (Elimination, Substitution, Engineering, Administrative, PPE).
- Implementing effective control measures.
- Principles of Local Exhaust Ventilation (LEV) and general ventilation.
- Selection, use, and maintenance of Personal Protective Equipment (PPE).
- Developing safe systems of work and standard operating procedures.
- Behavioral safety and promoting safe chemical handling practices.
- Case studies on successful control implementation.

Unit Five: Monitoring, Health Surveillance, and Review

- Introduction to workplace exposure monitoring techniques.
- Understanding the requirements for health surveillance.
- Procedures for responding to spills and emergencies.
- First aid requirements for chemical exposures.
- Record-keeping and documentation for COSHH compliance.
- The importance of training and information for employees.
- Reviewing and updating COSHH assessments.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

Beyond legal compliance, how can a proactive and deeply embedded COSHH culture transform an organization's overall safety performance and employee morale?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by moving beyond mere regulatory recital to instill a deep, practical competency in hazardous substance management. While many programs focus on the "what" of COSHH regulations, our curriculum is built around the "how" and "why", emphasizing the development of critical thinking and problem-solving skills. We utilize a pedagogy rooted in real-world application, using industry-specific case studies that challenge participants to conduct assessments and devise control strategies for complex scenarios they are likely to encounter. The course content is not static; it is dynamically updated to reflect the latest scientific understanding of chemical hazards and control technologies. Furthermore, our instructors are seasoned practitioners, not just academics, who bring a wealth of on-the-ground experience, providing invaluable insights into the practical challenges of implementing COSHH in diverse operational environments. The focus is on cultivating a sustainable safety culture, empowering participants to become true safety leaders who can champion change, rather than simply compliance administrators who check boxes. This holistic, application-focused approach ensures a more profound and lasting impact on both the individual's capability and the organization's safety performance.