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All about COSHH - the Control of Substances Hazardous to Health (COSHH) Regulations 2002

COSHH is the law that requires employers to control [substances that are hazardous to health](#). The regulations require employers to:

- assess the risks to health and safety
- decide what precautions are needed to prevent ill health
- prevent or control exposure
- make sure that the control measures are used and maintained
- monitor exposure and carry out health surveillance if appropriate
- ensure that all employees are properly informed, trained and supervised.

Chemicals used in your setting for cleaning, washing, or as part of your practice may be hazardous or cause illness if not used correctly. To comply with these regulations keep a list of all hazardous or potentially hazardous substances that are used in the provision. This could include glue, shaving foam, soap, cleaning materials etc

In addition to chemicals, all body fluids are to be treated as substances hazardous to health and should be carefully dealt with using protective gloves and materials that can be safely disposed of. All practitioners using chemicals or products should be given advice on their correct use where necessary.

Consider observing the following.....

- all substances, which are included on the COSHH list should be stored safely .
- avoid inhalation, ingestion and skin contact of all chemical substances as they may cause irritation and use according to the manufacturer's instructions
- always wear the appropriate protective clothing eg gloves etc provided

- products must never be mixed as this could give rise to hazardous by-products
- Those using the substance must be familiar with the First Aid procedures to be used in the event of an accident.

COSHH Sheets are available for all products, free of charge and are supplied by the manufacturer on request or can be downloaded from the internet.

For further information [visit the COSHH website](#) of the Health and Safety Executive.

Emma & Angela Higgins September 2026/2027