

**NEWLAND EXPRESS TRANSPORT LTD  
COSHH / HAZARDOUS SUBSTANCES INDUCTION**

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**□ What is COSHH?**

COSHH stands for **Control of Substances Hazardous to Health**.

This includes any substances used at work that could cause harm, such as:

- Cleaning chemicals
- Oils and lubricants
- Sprays and degreasers

These must be used safely at all times.

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**⚠ What are the risks?**

Hazardous substances can cause:

- Eye injuries
- Skin irritation or burns
- Breathing problems
- Illness if swallowed

Some products can be dangerous if mixed or misused.

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**☑ Safe Working Rules**

All employees must follow these rules:

- Only use substances you have been shown how to use
  - Never mix chemicals
  - Always follow instructions on the label
  - Wear PPE if required
  - Wash hands after use
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## Labels & Awareness

Hazard labels on containers indicate risk.

You are not expected to memorise them, but you must:

- Recognise that they indicate danger
  - Use extra care when handling
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## Storage & Handling

- Keep containers sealed when not in use
  - Store substances in designated areas
  - Never transfer chemicals into unlabelled containers
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## What to do if something goes wrong

- Report all spills or incidents immediately
  - Do not attempt to clean or fix anything you are unsure about
  - If exposed (skin/eyes):
    - Wash immediately with water
    - Inform a supervisor
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## Final Reminder

Always use common sense.

If you are unsure about anything:

 Stop and ask before proceeding

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## Employee Declaration

I confirm that I have received and understood the COSHH / Hazardous Substances induction.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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**Full COSHH assessments and Safety Data Sheets are available upon request.**