



RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 13) – COSSH – CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH	Date: 20/10/2021
Location: Hilton Hotel, Victoria Square, Woking	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenters name: Jason Wray	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
K. KULSINSKAS	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
S. SINGH BURMI	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
Pushpinder. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
Balbir. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk

Grant Claim information Note: Claims can only be made for your employees or labour-only sub-contractors.

No. Attended 04	Duration 30 mins	Total Time 2 hours	Employer Reference 2453745
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Toolbox Talk No. 13 COSHH - CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH

Fact: Ignore the substance today and face the consequences tomorrow!

Risk Assessment

1. Management must carry out a risk (COSHH) assessment to find out whether:
 - Exposure to a substance can be eliminated?
 - Alternative work methods can reduce exposure? E.g. where possible use a safer method of application, e.g. brush paint instead of spraying, or wet cut concrete sawing to reduce dust.
 - A less hazardous substance can be used? E.g. where possible use a safe product e.g. water based paint instead of solvent based.
2. The risk assessment must be brought to your attention.
3. Any substance with a hazard-warning label has the potential to cause harm – read it and take action.

Q: Before using a substance, what should you consider?

Hazards

1. **How you could be affected by a hazardous substance:**
 - Ingestion - eating contaminated food or with contaminated hands
 - Inhalation - breathing harmful dust or fumes
 - Injection - chemicals entering through cuts or the skin
 - Absorption - chemicals entering through the skin
2. **Examples of hazardous substances on construction sites:**
 - Wood dusts - softwood, hardwood, MDF
 - Contaminated ground
 - Solvent fumes e.g. from thinners, paints, varnishes or adhesives – can cause dermatitis (skin contact) and respiratory problems (inhalation)
 - Epoxy-based paints
 - Concrete ad-mixtures
 - Hard wood dust – can cause nasal cancer
 - Welding fumes
 - Cement – wet burns, lung disease (from dust)
 - Resins
 - Asbestos
3. Don't mix chemicals or substances. Eg Two products mixed may give off toxic/irritant fumes, e.g. some types of toilet cleaners mixed with bleach.
4. Biological agents may also harm you i.e. Weil's Disease caught from water contaminated by rat's urine.

Q: Name the three ways a substance can enter the body

Control Measures

1. When using hazardous substances, wear the correct PPE.
2. Know how to look after and use PPE correctly.
3. Know where washing and first aid facilities are on site – cover that cut!

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4. Ensure hazardous substances are returned to a secure location after use.
 5. Don't store hazardous substances above head height.
- Q: Where should substances be put at the end of a shift**

Use of Substances

1. Make sure you are trained to use the hazardous substance.
 2. Follow the instructions on COSHH and data sheets and labels.
 3. Don't eat drink or smoke when handling substances (you might accidentally ingest it).
 4. Don't expose workers to fumes, dust, gas etc. from your work.
 5. Always wash at the end of each shift and before eating.
- Q: Where can you obtain information about the hazardous substance you are using?**

Questions for you:

- Q: What can you wear to protect you against substances?**
- Q: Name five substances you may find on site.**

REMEMBER: Read the label and protect yourself!



RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 48) – SECURITY ON SITE	Date: 21/10/2021
Location: Hilton Hotel, Victoria Square, Woking	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenters name: Jason Wray	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
K. KULSINSKAS	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
S. SINGH BURMI	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
Pushpinder. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
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Toolbox Talk No. 48 SECURITY ON SITE

WHAT THE LAW SAYS

- Under the law, trespassers have a right to expect not to be put at risk if they enter a construction site, particularly children who are less aware of danger
- On larger sites, the CDM Regulations place a specific duty on the main contractor to ensure that unauthorised persons do not gain access to the site

SOME RISKS TO THE UNWARY

- Children often find that construction sites are exciting places to play – ensure they cannot gain access after normal working hours
- Power tools, plant and equipment may be too tempting if not disabled and locked away; they could be stolen or cause injury to the inexperienced
- Hazardous substances which you may be familiar with and use daily may cause serious injury to unauthorised persons; lock them away when not in use

REMOVE TEMPTATION

- Ensure that an effective system of access control is operated
- Remove ladders from scaffolds or securely board up the lower rungs to prevent access at the end of each working day
- Check that the perimeter hoarding or fencing is intact and is to a standard which does not encourage unauthorised entry
- Remove keys from plant and equipment when not in use
- Remove from view and secure any tools, equipment and materials which might tempt thieves on to the site after normal working hours

DEALING WITH TRESPASSERS

- Ask suspected trespassers who they wish to see and, if necessary, escort them to site security. If they are genuine visitors, they will not mind being challenged
- Ensure that trespassing children are escorted off the site immediately
- Do not put yourself in a position where you could be accused of assault

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TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: <u>Dust and Air Quality</u>	Date: <u>19.10.21</u>
Location: <u>25 Cannon Street</u>	Start Time: <u>11:30</u>
Duration (Minutes) <u>30min</u>	End Time: <u>12:00</u>
Presenters name: <u>A. Kulinskis</u>	Presenters Signature:

	Candidate's Name	Name of Employer	Candidate's Signature
1	<u>R. RAMA.</u>	<u>R.C.L.</u>	 I confirm that I have understood the Tool Box Talk
2	<u>BERNARDO R.</u>	<u>R.C.L.</u>	 I confirm that I have understood the Tool Box Talk
3	<u>A. STATTIS</u>	<u>RCL</u>	 I confirm that I have understood the Tool Box Talk
4			I confirm that I have understood the Tool Box Talk
5			I confirm that I have understood the Tool Box Talk
6			I confirm that I have understood the Tool Box Talk
7			I confirm that I have understood the Tool Box Talk
8			I confirm that I have understood the Tool Box Talk
9			I confirm that I have understood the Tool Box Talk
10			I confirm that I have understood the Tool Box Talk
11			I confirm that I have understood the Tool Box Talk
12			I confirm that I have understood the Tool Box Talk
13			I confirm that I have understood the Tool Box Talk
14			I confirm that I have understood the Tool Box Talk
15			I confirm that I have understood the Tool Box Talk

Grant Claim information

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No. Attended

3

Duration

30min

Total Time

1.5 hours

Employer Reference

2453745

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