



<p><b>DURATION</b></p> <p>4 Hours</p>	<p><b>GROUP SIZE</b></p> <p>Up to 12 Learners</p>	<p><b>LEVEL</b></p> <p>Awareness / Foundation</p>
<p><b>LEGISLATION</b></p> <p>Control of Substances Hazardous ...</p>	<p><b>RESOURCES</b></p> <p>Handout, Quiz, Slides</p>	<p><b>ASSESSMENT</b></p> <p>Knowledge Check Quiz</p>

**LEARNING OBJECTIVES**

- Understand the requirements of the COSHH Regulations 2002
- Identify substances hazardous to health in the workplace
- Read and interpret Safety Data Sheets (SDS)
- Conduct a COSHH risk assessment
- Apply the hierarchy of controls to hazardous substances

**SESSION PLAN**

0:00–0:15	Welcome	<b>Welcome &amp; Introductions</b> Trainer intro, housekeeping, fire exits, learning outcomes for COSHH
0:15–0:30	Icebreaker	<b>Warm-Up Activity</b> Icebreaker to engage learners and introduce the topic of COSHH
0:30–1:00	Theory	<b>Key Legislation &amp; Background</b> Control of Substances Hazardous to Health Regulations 2002 — why it matters, employer duties, employee responsibilities
1:00–1:30	Theory	<b>Core Knowledge — Part 1</b> Key facts, statistics, risk factors, and underpinning knowledge for COSHH
1:30–1:45	Break	<b>Morning Break</b> 15-minute comfort break — trainer to prepare practical equipment
1:45–2:15	Theory	<b>Core Knowledge — Part 2</b> Deeper dive into COSHH — common hazards, control measures, best practice
2:15–2:50	Practical	<b>Demonstration &amp; Supervised Practice</b> Trainer demonstrates key techniques; learners practise in pairs with trainer feedback
2:50–3:00	Break	<b>Short Break</b> 10-minute break — distribute quiz papers
3:00–3:20	Assessment	<b>Knowledge Check Quiz</b> Learners complete the quiz individually; trainer collects and marks
3:20–3:40	Activity	<b>Group Scenario Exercise</b> Teams work through a realistic scenario applying COSHH knowledge
3:40–3:55	Review	<b>Quiz Review &amp; Q&amp;A</b> Go through quiz answers; address any misconceptions; open Q&A session
3:55–4:00	Close	<b>Summary &amp; Close</b> Recap key learning points, issue certificates, signpost further resources