

# ABM Key Skills 3

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**COSHH (Control of Substances Hazardous to Health)**

## ABM Key Skills

### Key Skill 3: COSHH

#### Objective:

Understand how to check COSHH safety data sheets for correct usage, PPE, hazards, and dilution of the chemicals we use at ABM.

Understand the importance of labeling a bottle once chemical has been diluted and decanted.

#### Why?

If chemicals are used incorrectly it can cause personal injuries that may result in permanent damage.

#### Remember:

Check the safety data sheets always.

Ensure your preparation area is clean and tidy.

Ensure the correct PPE is used.

Never mix chemicals.

Fill empty bottle with water first to prevent chemical splash backs.

Always label a chemical container once a chemical has been decanted and diluted.

Fill empty bottle with water first to prevent chemical splash backs.

## ABM Key Skill 3

### Key Steps – Practical

Trainer to show each step and demonstrate the correct way. Stop after every 3 steps and check for understanding and ask them to demonstrate back to you.

1. Check the COSHH safety data sheet. Ask your supervisor if you are unsure.



2. You can do a quick search for the chemical by looking at the index



3. The ABM data sheet has the hazards and PPE required for the chemical listed



**Hazards**



**Personal Protective Equipment**

4. Ensure your preparation station is clear



5. Select your chemical and check the dilution rate



*Dilution Rate*

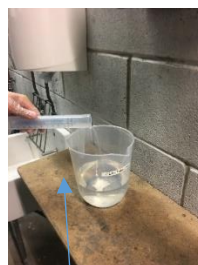
6. Fill the measure jug with water first. **Never chemical first!**



7. Once you have measured the correct amount of water. Add the chemical to the dilution rate required. Wipe clean any spillages.



*Measure  
Chemical  
amount  
required*

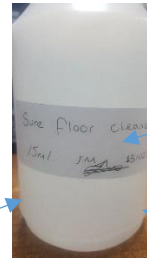


*Add to water*



*Wipe any spillages*

8. Pour the chemical in the bottle and label it.



**Name of Chemical**

**Name & Date**

**Dilution**

*NB: Follow the same process for filling up mop buckets (no need to label the mop bucket)*

## Knowledge Assessment

### Key Skill 3: COSHH

#### Practical Assessment: 100% Pass Mark

- Please demonstrate how to correctly dilute Diversey Floor Cleaner with 10ml dilution rate into a bottle and label correctly.

#### Theory Assessment: 100% Pass Mark

1. What should you check prior to using any chemicals?

Chemical Safety Data Sheets.

2. What should you be checking on the Safety Data Sheet?

Hazard symbol and PPE.

3. If you cannot find the Safety Data sheet for the chemical what should you do?

Do not use the chemical and inform supervisor or Manager.

4. Why should you place water in the container before the chemical?

To prevent chemical splash-backs.

5. Why should you label the container once a chemical has been decanted and/or diluted?

So, everyone knows what is in the bottle and to prevent cross contamination and any personal injuries.