

COSHH HEALTH RECORD FORM - RECORD OF HAZARDOUS SUBSTANCE USAGE

The COSHH Regulations require all individuals working with substances that can cause certain identifiable diseases or adverse health effects to be kept under health surveillance if there is a reliance on Personal Protective Equipment (PPE) to protect the user from exposure.

For most workers this is confined to maintaining a record of a person's involvement in such work. Individuals who work with respiratory sensitizers, mercury, latex, arsenic and skin sensitizers will have additional health surveillance arranged by the Occupational Health Service.

As a pre-cautionary measure the University also requires all individuals working with Nanoparticles to use this form to record their usage.

For further information on the criteria for health surveillance see the University's Hazardous Substances Guidance on the Safety Office website.

Personal Details	
Surname: HELM	Forenames: Matt
Male/Female: Male	Date of Birth: 7th June 1976
N.I. Number: ICE 1966 1969	
Date commenced present job: 30th July 1996	
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Signed: Matt Helm	Date: 29th February 2020

PLEASE COMPLETE SUBSTANCE DETAILS OVERLEAF

Once completed please hand a copy to your Departmental Administrator or Departmental Safety Officer (DSO) on or around the 30th September each year.

THIS RECORD MUST BE KEPT BY THE DEPARTMENT FOR 40 YEARS AFTER THE PERSON HAS LEFT THE UNIVERSITY

SUBSTANCE DETAILS					
Name of substance	Nature of hazard ¹	Physical state ²	Quantity, amount ³	Frequency/duration of use ⁴	Control measures in use ⁵
Acrylamide	Mutagen, Carcinogen	Liquid (premade 30% solution)	20ml per polyacrylamide gel	Once a day, 30 mins, 3 days a week	PPE: Safety Glasses, Nitrile disposable gloves, Lab coat
Ethidium Bromide	Suspected Mutagen	Liquid (premade 10mg/ml solution)	5µl of 10mg/ml solution per agarose gel	Twice a day, 30 mins, 2 days a week	PPE: Safety Glasses, Nitrile disposable gloves, Lab coat

- (1) Carcinogen, mutagen, substance toxic to reproduction, respiratory sensitiser (i.e. asthmagen), skin sensitiser, (Risk Phrases: R42,R43,R45,R46,R49,R60,R61,R63,R64 or Hazard Statements:H334,H317,H350,H340,H350i,H360f,H360d,H361,H362) where listed)
- (2) Liquid, solid, dust, vapour, gas or nanoparticle (particles of approximately 100 nm or less in at least one dimension)
- (3) Include amount and units
- (4) Daily, weekly, monthly, rarely
- (5) Fume cupboard, laminar flow bench, local exhaust ventilation (LEV), glove box or other form of containment, personal protective equipment (please specify)