

Cottam Parkinson Consulting Limited

For all your Health & Safety monitoring requirements

What is Occupational Hygiene?

The recognition, evaluation and control of hazards in the workplace. Guidance is taken from several key pieces of legislation.

Key legislation

The Health & Safety at Work Act 1974

The Management of Health and Safety at Work Regulations 1999

The Control of Substances Hazardous to Health (COSHH) Regulations 2002 (as amended)

The Control of Noise at Work Regulations 2005

The Control of Vibration at Work Regulations 2005

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- Noise is a nuisance and excessive noise can cause hearing loss. Monitoring is essential to assess the risk.

- Vibration from equipment can cause Hand-Arm Vibration Syndrome (HAVS) or Whole Body Vibration effects. Monitoring is necessary to minimise harm.

- Certain tasks can seem fairly safe to an employer; however, independent assessors can identify risks and hazards associated with a task.

- Local exhaust ventilation (LEV) systems are designed to control hazards and require regular assessment every 14 months.

Exposure to hazardous substances not only causes ill health but may give rise to other issues affecting the company:

- **Financial** (fines, compensation)
- **Perception within industry/community**
- **Poor morale**
- **More visits from the HSE** (Health and Safety Executive)
- **Poor media relations**

Risk assessment and the identification of hazards are required in order to control exposure.

Hazards can be from a variety of sources, such as:

- **Dusts** (mineral, metal, general process dusts)
- **Vapour** (solvents and other chemicals)
- **Fumes** (welding, soldering, exhaust)
- **Gases** (anaesthetic, combustion)
- **Noise** (workplace, environmental)
- **Vibration** (power tools)



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Call us for clear, concise and expert advice.

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Occupational Hygiene – protecting you from risk



Cottam Parkinson Consulting Limited is an independent Health, Safety and Environmental consultancy with a wealth of experience and knowledge in understanding and controlling workplace hazards.

Our approach assists to protect your staff, improve process safety/efficiency and comply with current legislation.

We operate in the UK and world-wide and offer competitive rates and excellent response times to best serve your needs.

Cottam Parkinson Consulting staff are qualified in Occupational Hygiene and our practitioners are Licentiate members of the British Occupational Hygiene Society (BOHS).

Why you may need help:

Concerns over process exposure.

Previous incidents/near misses.

New process assessment.

Regular compliance monitoring.

How we can help you.

Expert Occupational Hygiene advice.

Compliance to relevant legislation.

Comprehensive knowledge of control measures.

Independent risk assessment.

Exposure Monitoring – we help you comply

- We monitor personal exposure to hazardous substances in the workplace as referred to in the Control of Substances Hazardous to Health (COSHH) Regulations 2002 (as amended) to help determine the risk.
- Sampling techniques are undertaken in accordance with relevant Health & Safety Executive (HSE) methods.
- Our objective is to provide an excellent service whilst maintaining professional relationships with all clients.

Services Available

Occupational Hygiene
Hand Arm Vibration
Whole Body Vibration
Workplace Noise
Environmental Noise
Local Exhaust Ventilation (LEV) Testing
Risk Assessment

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