COSHH Assessment

Hollins & Reed Contracting Ltd

Project or site	Assessment ref	Date assessed
House refurbishment, House 7	**CA-009**	**5 October 2026**

Substance			
Product or substance	Solvent gloss, white spirit	**Supplier**	your supplier
SDS date	your sheet's date	**Form (liquid, dust…)**	Liquid that gives off vapour

The work			
Task	Gloss trim, clean brushes	**Where**	Bedrooms and landing
How often	Two days on this job	**How long each time**	Up to 4 hours a day
Amount used	About 5 litres, 2 litres spirit	**Used with**	Brushes, rollers, rags

Storage and waste	
Storage	Sealed cans in the outdoor lock-up, away from heat and sun. Only the day's cans indoors.
Handling	Lids back on straight away. Pour spirit outdoors over a tray. No smoking or flames near it.
Waste	Hazardous waste, not builders' rubble: wet paint, used spirit and rags, sealed, by a registered carrier. Never down a drain.

Hazards (H codes)	**Harmful or irritant**	**Corrosive**	**Toxic**	**Serious health hazard**	**Cancer or asthma**	**Flammable**
H226, H336, EUH066. Spirit adds H304. Some add H372.	☑	☐	☐	☑	☐	☑

Exposure limit			
WEL, 8-hour	None in EH40 for white spirit	**WEL, 15-minute**	None listed
Monitoring result	Not measured	**Measured on**	Not measured

How it gets in	**Breathing in**	**Skin**	**Eyes**	**Swallowing**	**Puncture**
Vapour first, then skin	☑	☑	☑	☑	☐

Who could be harmed	**People doing it**	**Others nearby**	**Cleaners, fitters**	**Visitors, public**	**Higher risk**
Painters, other trades. Eczema or allergy.	☑	☑	☐	☐	☑

Health effects
Flammable: vapour is heavier than air and can travel to a flame. Swallowed spirit can enter the lungs and kill.
Vapour causes headache and dizziness, a danger on steps. Your sheet may warn of harm from repeated breathing. Repeated contact dries and cracks skin. EH40's example blend comes to 550 mg/m³: that is not a limit.

Risk of ill health	**Negligible**	**Remote**	**Possible**	**Probable**	**Minor**	**Significant**	**Serious**
Before controls	☐	☐	☑	☐	☐	☐	☑
With controls	☐	☑	☐	☐	☐	☐	☑

Worked example. Typical product. Your supplier's safety data sheet governs.

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Controls	In place	Still needed
Avoid or swap it	Water-based on walls and ceilings. Solvent on trim only.	Try water-based trim next job.
Change the method	Brush and roller, no spraying. Brushes cleaned outdoors.	
Extract at source	Not used. Windows and the door open all the time.	Room that will not air: stop, ask.
Fewer, for less time	One painter to a room. Breaks in fresh air.	
Washing, welfare	Soap and water at the cabin. Never spirit on hands.	Skin cream at the cabin.

PPE: type or standard	Gloves	Eye protection	RPE	Overalls	Boots
Nitrile, EN 374. Glasses to pour.	☑	☑	☐	☑	☑

If it goes wrong	
Spill or leak	Flames out, windows open. Soak up with sand, bag it as hazardous waste. Keep it out of drains.
Fire	Raise the alarm, get out, ring 999. Only if safe, a foam, CO2 or powder extinguisher. No water jet.
Breathed in or swallowed	Fresh air and rest. Swallowed: do not make them sick. Rinse the mouth, go to hospital with the sheet.
On skin or in eyes	Skin: off with wet clothes, wash with soap and water. Eyes: rinse at least 15 minutes, get medical help.

Also needed	Yes	No	Detail	Next due
Exposure monitoring	☐	☑	Two days, room aired. No WEL to test against.	
Health surveillance	☑	☐	Skin checks by a responsible person.	Weekly
LEV examination	☐	☑	None used.	
RPE face-fit test	☐	☑	None used.	
Training, supervision	☑	☐	Fire, vapour, skin, rags, when to stop.	Before start

Further action	Who	By when	Checked
Foam or CO2 extinguisher to the landing	DH	Before start	
Lidded metal rag bin, emptied outdoors daily	DH	Before start	
Book a registered carrier for the waste	DH	Before start	

Date	By	Review: reason and changes	Next review
5 October 2026	DH	First issue	5 October 2027

Assessed by	Signed	Date	Shared with workers on
Dan Hollins		**5 October 2026**	**6 October 2026**

Worked example. Typical product. Your supplier's safety data sheet governs.