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# TOOLBOX TALK

|              |                                   |
|--------------|-----------------------------------|
| Topic        | Working at Height                 |
| Project      | Averlow Wharf — Block C           |
| Site         | Averlow Basin, Hackney, London E8 |
| Delivered By | Tom Okafor                        |
| Date         |                                   |
| Duration     | 15                                |

This talk supports the project RAMS for Working at Height — read and sign the RAMS before work starts.

## Key Safety Points

Inspect scaffold tags and harnesses before use  
Never climb or alter a scaffold without authorisation  
Keep 100% clip-on in MEWPs and near open edges  
Keep working platforms clear of debris and off-cuts  
Report any damaged edge protection immediately

### DO

Check the Scafftag is in date  
Use the correct anchor points  
Report defects before starting

### DON'T

Don't overreach from a platform  
Don't remove guardrails  
Don't work at height in high winds

## Test Your Understanding

# Attendance Record

| #  | Name | Company | Signature |
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Talk Delivered By

Delivered By

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Tom Okafor

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## COSHH — Hazardous Substances

The following hazardous substances are relevant to this task. Ensure all control measures are in place before starting work.

| Substance                           | Control Measures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Site-specific assessment                       |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| Abrasive Blasting Media / Grit      | Substitute — never use silica sand; select low-toxicity media (garnet) and consider wet/vapour blasting or enclosed cabinet/blast-room methods. Test coatings for lead/chromate/asbestos before blasting. Provide effective LEV/extraction in enclosures, control overspray, and restrict/exclude others from the area. RPE: open-site or heavy blasting requires CE-marked air-fed (supplied-air) blasting helmet/hood — disposable masks are not adequate; FFP3 only for the lightest peripheral/clean-up tasks. Full protective clothing, gauntlets and eye/face protection. Statutory health surveillance applies where lead (CLAW), RCS or other listed agents are present, plus appropriate biological monitoring for lead. | ⚠ <i>Not completed — generic library entry</i> |
| Acetone                             | Use small quantities in well-ventilated areas; keep lids on to limit vapour and ignition risk. Nitrile gloves give only short-term protection — change frequently or use butyl/laminate gloves for prolonged contact. Eye protection. Eliminate all ignition sources, bond/earth when decanting larger volumes; RPE rarely needed with good ventilation.                                                                                                                                                                                                                                                                                                                                                                          | ⚠ <i>Not completed — generic library entry</i> |
| Acetylene                           | Store upright, away from oxygen. Flashback arrestors on all lines. No sparks or flames near storage. Check for leaks with soapy water.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | ⚠ <i>Not completed — generic library entry</i> |
| Acidic Sanitary / Limescale Cleaner | Substitute for a milder acid where descaling allows. NEVER mix with bleach or other cleaners. Ensure good ventilation; for enclosed cubicles use mechanical ventilation/extraction. Wear chemical-resistant nitrile or PVC gloves, splash goggles and an apron; use acid-gas respiratory protection (half-mask with E/ABEK filter) where misting cannot be controlled. Dose/dilute as directed, add acid to water (never water to acid), and store away from hypochlorite products.                                                                                                                                                                                                                                               | ⚠ <i>Not completed — generic library entry</i> |

| Substance                           | Control Measures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Site-specific assessment                       |
|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| Acoustic Mineral-Fibre Ceiling Tile | Score-and-snap or use a fine-tooth hand saw rather than power tools; if power-cutting, fit on-tool extraction and a dust-collection setup. Cut at a bench, not overhead, and keep the area ventilated; vacuum (M-class) settled dust rather than sweeping. RPE: FFP3 for dusty or overhead cutting. Gloves, long sleeves and goggles for overhead work. Carry out an asbestos survey before removing existing tiles in older buildings. No statutory health surveillance for modern tiles; manage under COSHH. | ⚠ <i>Not completed — generic library entry</i> |
| Acrylic Decorator's Caulk           | Normal decorating ventilation is sufficient. Wear nitrile gloves to avoid repeated skin contact (limits biocide sensitisation) and tool off with a wetted finger or spatula sparingly. Wash hands before breaks and at end of shift; barrier/after-work cream helps. Eye protection if there is a splash risk when cutting nozzles or cleaning guns. No RPE required; no statutory health surveillance, though watch for dermatitis.                                                                           | ⚠ <i>Not completed — generic library entry</i> |