## **CAMBRIDGE SAFETY**

## NEBOSH GENERAL CERTIFICATE MANUAL CONTENTS

## GC2

	ENERAL CERTIFICATE - CONTROLLING ORKPLACE HAZARDS (GC2)	
	OTTAL HAZARDO (GGZ)	
Element		Page
1	Workplace Hazards and Risk Controls	200
1.1	Workplace Issues	200
1.2	Safe Movement of People in the Workplace	203
1.3	The Risk of Violence	204
1.3.1	Risk Assessment and Personal Safety	204
1.4	Substance Misuse at Work	205
1.4.1	Strategy for Control	206
1.4.2	Testing for Drugs and Alcohol	207
1.5	Construction and Demolition	208
1.6	The Work at Height Regulations 2005	213
1.7	Working at Height	215
1.8	Excavations	226
1.9	Construction Legal Requirements	230
1.10	Safety Signs and Signals	231
	Cancil Cignal	
2	Transport Hazards and Risk Controls	233
2.1	Safe Movement of Vehicles in the Workplace	233
2.1.1	Vehicle Hazards	233
2.1.2	Transport Control Measures	234
2.2	Driving at and for Work	236
2.2.1	Driver Issues	236
2.2.2	Vehicle Issues	239
2.2.3	Environmental Issues Influencing Driving	241
2.2.4	Managing Work Related Driving	243
2.2.4	Managing Work Related Briving	240
3	Musculo-Skeletal Hazards and Risk Controls	246
3.1	Ergonomics – an Introduction	246
3.2	Work Related Upper Limb Disorders	247
3.3	Display Screen Equipment Safety	249
3.4	Manual Handling	253
3.5	Manually Operated Load Handling Equipment	255
3.6	Lifting Operations & Lifting Equipment Regulations 1998 (LOLER)	256
3.7	Mechanically Operated Load Handling Equipment	257
3.7.1	Fork Lift Trucks	257
3.8	Crane Safety	260
3.9	Other Mechanical Lifting Equipment	261
3.10.1	Conveyors	263
4	Work Equipment Hazards and Risk Controls	267
4.1	The Selection of Work Equipment and Machinery	267
4.2	The Provision and Use of Work Equipment Regulations 1998	269
4.3	Hand Held Tools	271
4.4	Powered Hand Tools	273
4.5	Danger from Machinery	274
1		

4.6	Typical Work Equipment	275
4.7	Mechanical Hazards – Hierarchy of Controls	277
4.8	Maintenance Work	283
4.9	Statutory Examinations Summary	284
4.10	Mechanical Hazard Hierarchy of Control	284
5	Electrical Safety	287
5.1	Electrical Salety Electrical Principles	287
5.2	The Effects of Electricity (Risks)	289
5.2	What Hazards do you Associate with the Use of	209
5.3	Electricity?	289
5.4	Electricity at Work Regulations 1989 – Key Points	290
5.5	Control Measures	290
5.6	Live Working	292
5.7	Avoiding Danger from Underground and Overhead Power Lines	293
6	Fire Safety	300
6.1	Introduction	300
6.2	Common Fire Causes	301
6.3	Fire Hazards	301
6.4	Classes of Fire	301
6.5	Extinguishing the Fire	302
6.6	Methods of Fire or Heat Spread Within a Building	303
6.7	Fire Precautions	303
6.8	Means of Escape	307
6.9	Fire Safety Signage	308
6.10	Record Keeping	308
6.11	Evacuation Procedures	308
6.12	The Fire Legislative Framework - Background to the New Fire Safety Order	309
6.13	Fire Risk Assessment	310
6.14	Highly Flammable Liquids and Gases	312
6.15	Dangerous Substances and Explosive	315
0.10	Atmospheres (DSEAR) Regulations 2002	010
7	Chemical and Biological Health Hazards and Risk Control	319
7.1	Chemical Hazards	319
7.2	Main Chemical Classifications	320
7.3	Chemical Symbols	320
7.4	The Effect of Substances on the Human Body	322
	Chemicals (Hazardous Information & Packaging	
7.5	for Supply) Regulations (CHIP) 2009	324
7.6	Control of Substances Hazardous to Health	328
7.7	Regulations (COSHH) 2002 Environmental Monitoring	222
7.7	Biological Agents at Work	333 335
	Control of Asbestos	
170	COULD OF MODESIOS	
7.9		337
7.10	Personal Protective Equipment at Work	340
7.10 7.11	Personal Protective Equipment at Work Respiratory Protective Equipment	340 342
7.10 7.11 7.12	Personal Protective Equipment at Work Respiratory Protective Equipment Summary Table on Specific Agents	340 342 343
7.10 7.11	Personal Protective Equipment at Work Respiratory Protective Equipment	340 342
7.10 7.11 7.12	Personal Protective Equipment at Work Respiratory Protective Equipment Summary Table on Specific Agents Waste Management  Physical and Psychological Health Hazards and	340 342 343
7.10 7.11 7.12 7.13	Personal Protective Equipment at Work Respiratory Protective Equipment Summary Table on Specific Agents Waste Management  Physical and Psychological Health Hazards and Risk Controls	340 342 343 345 <b>350</b>
7.10 7.11 7.12 7.13 <b>8</b> 8.1	Personal Protective Equipment at Work Respiratory Protective Equipment Summary Table on Specific Agents Waste Management  Physical and Psychological Health Hazards and Risk Controls Noise	340 342 343 345 <b>350</b> 350
7.10 7.11 7.12 7.13 <b>8</b> 8.1 8.1.1	Personal Protective Equipment at Work Respiratory Protective Equipment Summary Table on Specific Agents Waste Management  Physical and Psychological Health Hazards and Risk Controls Noise Decibels Measurements	340 342 343 345 <b>350</b> 350 351
7.10 7.11 7.12 7.13 <b>8</b> 8.1 8.1.1 8.1.2	Personal Protective Equipment at Work Respiratory Protective Equipment Summary Table on Specific Agents Waste Management  Physical and Psychological Health Hazards and Risk Controls Noise Decibels Measurements Measuring Noise	340 342 343 345 <b>350</b> 350 351 351
7.10 7.11 7.12 7.13 <b>8</b> 8.1 8.1.1	Personal Protective Equipment at Work Respiratory Protective Equipment Summary Table on Specific Agents Waste Management  Physical and Psychological Health Hazards and Risk Controls Noise Decibels Measurements	340 342 343 345 <b>350</b> 350 351

	2005	
8.1.6	Noise Risk Assessments (Reg 5)	354
8.1.7	Noise Transmission	354
8.1.8	Noise Control Methods	355
8.1.9	Hearing Protection	356
8.1.10	Audiometry - Health Surveillance	356
8.2	The Risks of Vibration	358
8.2.1	The Control of Vibration at Work Regulations 2005 - Overview	358
8.2.2	Controlling the Risks	359
8.2.3	Whole Body Vibration	360
8.3	Ionising Radiation	362
8.3.1	III Health Effects	364
8.3.2	Overview of Ionising Radiation Regulations 1999	364
8.4	Non Ionising Radiation	366
8.4.1	Ultra Violet	366
8.4.2	Infra Red	366
8.4.3	Lasers	36
8.4.4	Radio / Micro Waves	36
8.4.5	General Controls for Non Ionising Radiation	36
8.5	Stress	369
8.5.1	What is Stress?	369
8.5.2	Typical Causes of Workplace Stress	369
8.5.3	Recognising the Symptoms of Stress	369
8.5.4	HSE Standards	369