

# Abbreviations used in Health and Safety

## A

### **ACM - *Asbestos Containing Material***

The term asbestos-containing material (ACM) describes any material that contains asbestos and should be considered hazardous.

### **ACoP - *Approved Code of Practice***

Most health and safety regulations also have an approved code of practice produced by the HSE. ACoP's give practical advice on how to comply with the law and have a special legal status.

### **ALARP - *As Low As Reasonably Practicable***

ALARP is short for as low as reasonably practicable. If you look in health and safety regulations, you will often find the term so far as is reasonably practicable. These two terms generally mean the same thing. See also, SFAIRP.

## C

### **CAR - *Control of Asbestos Regulations***

This set of health and safety regulations applies to asbestos materials, covering asbestos management, work, and training.

### **CDM - *Construction (Design & Management) Regulations***

A set of health and safety regulations that apply to all construction work in Great Britain. See also, CPP, PCI, HSF.

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## **CHAS - *Contractors Health and Safety Assessment Scheme***

CHAS is a health and safety accreditation scheme for the construction industry. Contractors can apply to be assessed and approved under the CHAS assessment scheme.

## **CLP - *Classification, Labelling and Packaging of Substances and Mixtures***

The EU (and now GB) duties to classify, label and package substances for sale.

## **COSHH - *Control of Substances Hazardous to Health Regulations***

This law requires employers to control substances that are hazardous to health, including assessing, preventing harm, control measures, instruction and training, monitoring, health surveillance and planning for emergencies.

## **CPP - *Construction Phase Plan***

The construction phase plan is a document required on every construction project under CDM. See also, CDM.

## **D**

## **dB(A) - *Decibel (A-weighted)***

A-weighted is an approximation to how the human ear perceives the noise.

Used in noise exposure action and limit values.

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## **dB(C) - *Decibel (C-weighted)***

C-weighting is more commonly used for measuring peak measurements. Used in noise exposure action and limit values.

## **DSE - *Display Screen Equipment***

Types of display screen equipment include PCs, laptops, tablets and smartphones. The Health and Safety (Display Screen Equipment) Regulations apply to workers who use DSE daily, for an hour or more at a time.

## **DSEAR - *Dangerous Substances and Explosive Atmospheres Regulations***

A health and safety law requiring employers to control the risks to safety from fire, explosions and substances corrosive to metals.

## **E**

### **EAV - *Exposure Action Value***

The EAV is a value set in regulations, such as The Control of Vibration at Work Regulations, above which you must take action.

### **ELV - *Exposure Limit Value***

The ELV is a value set in regulations, such as The Control of Vibration at Work Regulations, that you must not exceed.

## **H**

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## **H&S - *Health and Safety***

Yes, there's even an acronym for health and safety itself!

## **HASWA / HSW - *Health and Safety at Work etc. Act***

The Health and Safety at Work etc. Act sets out the general health and safety duties that all businesses have to comply with in the UK. It enables further, more specific, health and safety regulations to be passed by law and enforced under it.

## **HAVS - *Hand Arm Vibration Syndrome***

Nearly 2 million people in the UK are at risk from HAVS. Caused by vibration exposure, it's a painful and disabling condition that's permanent - but preventable. See also, VAWR, WBV.

## **HSE - *Health and Safety Executive***

Britain's national regulator for workplace health and safety. The HSE provides guidance, controls licensing, inspects, investigates and enforces health and safety laws.

## **HSF - *Health and Safety File***

The health and safety file is a document required on most construction projects under CDM. See also, CDM.

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## **IOSH - *Institution of Occupational Safety and Health***

IOSH is the Chartered body and leading membership organisation for safety and health professionals.

## **L**

### **LEV - *Local Exhaust Ventilation***

Local exhaust ventilation is a type of equipment used to control and extract dust and fumes from the workplace.

### **LITE - *Load, Individual, Task, Environment***

LITE is an acronym used to remember the key areas to assess in a manual handling assessment. See also, TILE.

### **LOLER - *Lifting Operations and Lifting Equipment Regulations***

If you own, operate or control lifting equipment, these regulations apply. LOLER requires that lifting equipment is suitable and regularly inspected and that lifting operations are safely planned and controlled.

## **M**

### **MHSWR - *Management of Health and Safety at Work Regulations***

This set of regulations applies to every workplace and every employer. The

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regulations reinforce the general duties under the 1974 Act and add additional requirements. See also, HASWA.

## N

**NEBOSH - *National Examination Board in Occupational Safety and***

***Health***

NEBOSH is a UK-based examination board offering qualifications and courses in health, safety, environment and well-being management.

## O

**O&M Manual - *Operation & Maintenance Manual***

The O&M manual contains information on the operation and maintenance of the building. Often supplied with the health and safety file. See also, HSF.

## P

**PAT - *Portable Appliance Testing***

The examination and testing of electrical appliances and equipment at regular intervals to ensure they are safe to use.

**PCI - *Pre-Construction Information***

The pre-construction information is a document required on construction projects under CDM. See also, CDM.

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## **PPE - *Personal Protective Equipment***

Usually, this type of equipment gets worn by the user - like hard hats, gloves, safety boots, goggles, aprons, hi-viz, harnesses, face shields etc. PPE is used to protect the person from harm.

## **PUWER - *Provision and Use of Work Equipment Regulations***

PUWER requires that equipment is safe, suitable, maintained, inspected and installed correctly. The law also requires that the equipment is used safely and only by competent people.

## **R**

## **RAMS - *Risk Assessments and Method Statements***

RAMS stands for two types of health and safety documents, that are often found together - Risk Assessments and Method Statements.

RCD - Residual Current Device

An RCD is a sensitive safety device that switches off electricity automatically if there is a fault. Used as a control to reduce the risk of electric shock and protect installations against fire.

## **REACH - *Registration, Evaluation, Authorisation and Restriction of***

***Chemicals***

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Under REACH, companies need to identify and manage the risks created by the substances they manufacture and market.

## ***RIDDOR - Reporting of Injuries, Diseases and Dangerous Occurrences***

### ***Regulations***

The legal requirements for reporting specific injuries, including fatal, major and over 7-day, plus diseases and dangerous events at work.

## ***RPE - Respiratory Protective Equipment***

RPE includes masks, hoods, helmets, suits, and other respirators or breathing apparatus worn to filter out contaminants in the air. RPE can also be used to supply clean air to the user.

## ***RRFSO - Regulatory Reform (Fire Safety) Order***

Legislation covering fire precautions, responsibilities, duties, assessment, fighting, detection, training and emergency planning.

## **S**

## ***SFAIRP - So Far As Is Reasonably Practicable***

It's a legal duty of every employer to ensure health safety and welfare - so far as is reasonably practicable. See also, ALARP.

## ***SSIP - Safety Schemes in Procurement***

SSIP is an umbrella body for assessment schemes. If you have health and



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safety accreditation fromSSIP members such as CHAS, Acclaim or Safe

Contractor, you have satisfied the criteria for all otherSSIP members schemes.

## **SWL - *Safe Working Load***

Marked on lifting equipment, the safe working load is a maximum load that you should not exceed. See also, LOLER.

## **T**

### **TBT - *Toolbox Talk***

Toolbox talks are short safety discussions. They usually happen on the job and are focused on a single safety topic.

### **TILE - *Task, Individual, Load, Environment***

TILE is an acronym used to remember the key areas to assess in a manual handling assessment. See also, LITE.

## **V**

### **VAWR / Vibration Regs - *Control of Vibration at Work Regulations***

The law for protecting workers from risks to their health and safety from vibration. The regulations introduce action and limit values for hand-arm and whole-body vibration. See also, HAVS, WBV.

## **W**

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## **WBV - *Whole Body Vibration***

Whole-body vibration is the jolting or shaking of the body, usually experienced though sitting or standing on a moving surface. For example, operating impacting machinery or driving on an unmade road. See also, VAWR, HAVS.

## **WAHR / Height Regs - *Work at Height Regulations***

Employers and those in control of any work at height activity must make sure work is properly planned, uses the right type of equipment, is supervised and carried out by competent people.

## **WEL - *Workplace Exposure Limit***

Under the COSHH regulations, workplace exposure limits (WELs) are assigned to many hazardous substances. WELs should not be exceeded.