

The logo for BOHS (British Occupational Hygiene Society) features the letters 'BOHS' in a stylized, bold, white font. The 'O' is a solid white circle, and the 'H' has a unique shape with a curved top. The logo is set against a blue rounded rectangular background.

British Occupational  
Hygiene Society

The Chartered  
Society for Worker  
Health Protection

# Certificate in Controlling Health Risks Construction

## Course Specification

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## Section 1

### About BOHS

#### **BOHS - The Chartered Society for Worker Health Protection**

BOHS is the Chartered Society for Worker Health Protection. Our vision is to create a healthy working environment for everyone by preventing exposure to health hazards in the workplace.

Founded in 1953, since then we have developed into a highly respected and influential body on workplace health issues, working closely with organisations in the UK and overseas to promote our vision. We are a registered charity, professional society and a member of the International Occupational Hygiene Association (IOHA), which is recognised as a non-government organisation by the International Labour Organisation (ILO) and the World Health Organization (WHO).

We were awarded a Royal Charter in 2013, our 60<sup>th</sup> year, in recognition of our pre-eminent role in protecting worker health.

BOHS is a membership organisation, open to anyone who has an interest in workplace health issues.

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#### **BOHS courses and qualifications – the quality choice**

BOHS courses and qualifications are recognised and respected by independent agencies such as the Health and Safety Executive (HSE) and the United Kingdom Accreditation Service (UKAS) and further afield by industry and employers worldwide. Thousands of people have taken one of our courses through our network of approved training providers which offer engaging, challenging and practical learning opportunities.

Our courses are overseen by a team of highly experienced professionals who are dedicated to developing the competence and career opportunities for the many thousands of people who play a key role in protecting worker health, in diverse fields such as asbestos, legionella and control technologies.

Information about all our courses and qualifications is available on our website:

[www.bohs.org/qualifications-training/bohs-qualifications/](http://www.bohs.org/qualifications-training/bohs-qualifications/)

## Section 2

### CCHRC at a glance

#### What is the objective?

To provide students with the knowledge to identify and control common health risks on construction sites, in order to prevent workplace ill health.

#### Who is it for?

This course is aimed at site supervisors who have front line responsibility for controlling the health risks on a construction site. The course has also proven helpful for Health and Safety advisors and Managers to reinforce their understanding of health risks. It would also be suitable for people who wish to progress into these job roles.

#### What are the entry requirements?

There are no pre-requisites for this course.

#### What are the main subject areas?

- Introduction and managing health risks, risk assessment and control principles
- Chemical and biological hazards and control
- Physical hazards and control
- Musculo Skeletal Disorders (MSDs) and mental health risks, and control
- Putting learning into action

#### How long does it take?

The course comprises around 6 hours learning time

#### What level is it?

There are no educational entry requirements. The level of a course indicates the relative complexity and depth of knowledge and skills required to attain the qualification. This course is set at Level 2, broadly comparable to the NEBOSH Health and Safety at Work qualification.

### How do students pass the course?

There is a short multiple-choice examination at the end of the course which is completed either online or on paper.

### Age range

There is no minimum age for students taking the course, but there may be age restrictions for working on construction sites.

### Who supports it?

The Health in Construction Leadership Group (HCLG), Construction Industry Training Board (CITB), and construction organisations involved in the BOHS *Breathe Freely* campaign.

### Fees

The fee for each candidate is published on the BOHS website: [www.bohs.org/qualifications-training/examination-fees/](http://www.bohs.org/qualifications-training/examination-fees/)

## Section 3

### Background to the course

The need to reduce workplace ill health on construction sites is becoming increasingly recognised by the construction industry.

The focus over the years on reducing the number of accidents on construction sites has generated impressive results. The same effort is now needed to reduce worker ill health. According to the Health & Safety Executive, a construction worker is currently 100 times more likely to die from an occupational disease than an accident at work.

The BOHS *Breathe Freely* campaign has raised awareness about the scale of workplace disease in the construction industry, and the Health in Construction Leadership Group is building a commitment towards making construction the leading industry for the prevention of workplace disease. Tackling ill health is also one of the themes of the Help GB Work Well strategy.

*Breathe Freely* has generated significant interest in health risk management and control. Industry feedback has led to BOHS developing the Certificate for Controlling Health Risks in Construction (CCHRC) course, to assist construction employers in up-skilling their existing safety-trained workforce in the basics of health risk management and control.

This course has been designed to give Site Supervisors and Site Managers an understanding and awareness of the health hazards they could come across on a construction site, such as dusts, noise and gases. It informs them about the most common health risks associated with construction work, and how to control these risks in order to reduce workplace ill health for themselves and their colleagues.

## Section 4

### Delivering the course

#### Teaching and learning time

The course comprises around 6 hours learning time. This course is designed to be delivered either virtually or in the classroom. If delivered virtually it is possible to deliver all modules in one day, but it is recommended to split into two or more sessions to retain candidates' attention. Module 1 is intended as the introductory module and Module 6 pulls the learning together at the end. The other modules can be run in any combination or sequence to cover the other topics.

#### Tutors

The course should be taught by tutors who are suitably experienced and qualified. As a guide, tutors will normally:

- Have at least 3 years' current experience of working in or with the construction industry
- Hold a recognised health and safety qualification which includes occupational hygiene content, such as:
  - The NEBOSH National Certificate in Construction Health and Safety
  - The NEBOSH National Diploma in Occupational Health and Safety
  - The BOHS Certificate of Operational Competence
- Hold a Level 3 teaching qualification or have at least three years' experience as a tutor

This list is not necessarily exhaustive or definitive. Tutors with less experience may be required to participate in a tutor briefing session, to cover the teaching requirements for the course. The nature of the briefing will vary depending on the tutor's level of experience.

#### Candidate numbers

The recommended maximum number of candidates per course is 12 when online. The recommended minimum is 6 candidates to support working in groups.

## Teaching facilities and equipment

Training providers must have the following facilities and equipment:

- Computer equipment including a good microphone and speakers/headphones
- Virtual meeting application that supports presenting and discussion
- Whiteboard capability (may be a blank document or presentation)

## Support for teaching and learning

BOHS provides:

- A reference book for students to take away after the course, which covers the full range of subject areas discussed during the course
- A comprehensive tutor pack, which includes:
  - PowerPoint slides and teaching cues
  - Case studies and workbook exercises
  - Teaching programme
  - List of materials for the course
  - Video clips and audio files

## Language

The teaching materials and multiple choice examination are provided in English only.



## Section 5

### Structure and content

The course is structured into six modules. These are intended to be taught as interactive learning, and include several activities for online discussions including group or individual exercises. The course programme has case studies based around common construction activities that can be used to help the candidates think about the issues, draw on their own particular experience and stimulate discussion.

### Module overview

Students will learn about the different health risks present on construction sites, and the control methods they can use to manage these health risks. They will also get an opportunity to put the learning into action through a workshop session.

### Learning outcomes

At the end of the taught course, candidates will:

- Identify the most commonly present health hazards found on construction sites
- Understand the principles of risk control
- Identify the measures needed to control common health risks from construction activities
- Develop personal action points

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## Module content

The course is structured into six modules, each with an indicative time allocation (minutes):

Section		Time allocation
1	Introduction and managing health risks	45
2	Risk assessment and control principles	50
3	Chemical and biological hazards and control	60
4	Physical hazards and control	85
5	MSDs and mental health risks and control	30
6	Putting learning into action	60
	Examination	30

### 1. Introduction and managing health risks (45 mins)

#### i. Introductions

- To the delegates and course structure

#### ii. Health risks in perspective

- Explain the importance of health risks
- List common health hazards
- Explain why it can be difficult to identify occupational ill health
- Describe how health aligns with management systems
- Explain leadership expectations.

## **2. Risk Assessment and Control Principles (50 mins)**

### **i. Controlling health risks**

- Describe key principles of risk management
- Identify health hazards
- List and rank types of control measures

## **3. Chemical and biological hazards and control (60 mins)**

### **i. Chemical hazards**

- Identify chemical hazards from labels
- Explain meaning of pictograms
- Identify common tasks that generate dusts, fume and vapours and explain harmful effects of dusts
- Identify common controls used for chemical hazards

### **ii. Biological hazards**

- Identify common biological hazards on construction sites
- Explain control measures

## **4. Physical hazards and control (85 mins)**

### **i. Noise and vibration**

- Explain harmful effects caused by noise and vibration
- Identify tasks that present a risk of hearing damage and/or HAVS and/or WBV
- Explain how to assess exposures to noise or vibration and provide examples
- Identify and rank common controls

ii. **Other physical hazards**

- Identify other physical health hazards

**5 Musculoskeletal and mental health hazards and control (30 mins)**

i. **Musculoskeletal hazards**

- Explain harmful effects caused by manual handling and other tasks
- Identify tasks that present a risk of MSDs
- Identify and rank common controls

ii. **Mental health**

- Explain significance of mental health concerns and how to assess and reduce them

**6 Putting learning into action (60 mins)**

- i. Common construction processes - risks and controls, apply the principles to identify hazards and appropriate controls.
- ii. Followed by a wrap up of the course, further leadership learning and a review of the learning objectives.

## Section 6

### References and further reading

Students are provided with a reference book for use in their workplaces after the course.

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### Useful websites

The following websites include useful information about managing workplace health risks:

- BOHS Breathe Freely campaign: [www.breathefreely.org.uk/](http://www.breathefreely.org.uk/)
- HSE website: [www.hse.gov.uk/construction/](http://www.hse.gov.uk/construction/)
- The Hi Management Standard (self-assessment tool for health hazards): <http://www.breathefreely.org.uk/the-hi-standard.html>
- RPE selector tool: <http://www.healthyworkinglives.com/rpe-selector>

## Section 7

### Completing the course

Students pass the course by successfully completing a multiple-choice examination.

### Multiple-choice examination

The multiple-choice examination usually takes place at the end of the course. It enables candidates to demonstrate that they have attained the breadth and depth of knowledge which necessarily underpins good management of workplace health and health risks on construction sites.

The examination is comprised of 20 multiple-choice questions, to be answered in 30 minutes. For each question, students will choose one of four possible answers. The questions include a mix of text and diagram-based questions.

The questions are worth one mark each. Candidates will be awarded 1 mark for a correct answer, and 0 marks for an incorrect answer.

Candidates should attempt all questions as no marks are deducted for incorrect answers.

The examination covers Modules 1 to 5 of the syllabus content, in proportion to the time allocation given for each Module. This gives a question allocation as follows:

Module		Number of questions
1	Managing health risks	2
2	Risk assessment and control principles	4
3	Chemical and biological hazards and control	6
4	Physical hazards and control	5
5	MSDs and mental health risks and control	3

The sections are clearly marked in the examination paper. It is a closed-book examination, which means that candidates are not permitted to have access to any external materials.

### Invigilation

The examination is invigilated by the training provider.

## Marking and results

After the examination has finished, if the online exam was completed, then the result is instant and displays on screen for the candidate. If the paper exam was completed the candidate hands their examination paper to the invigilator who returns the examination packs to BOHS.

Paper and online examinations will be marked and verified with the results issued in writing from BOHS within 15 working days of sitting the exam. The results are reported as pass or fail plus a percentage. The pass mark for this examination is 75%.

Training providers are sent a list of results for all candidates on a course.

## Feedback

Candidates receive feedback on their examination performance. For example, the feedback for an examination in which a candidate scored 75% would be shown as follows:

Syllabus area		Result	
1	Managing health risks	1/2	(50%)
2	Risk assessment and control principles	4/4	(100%)
3	Chemical and biological hazards and control	3/6	(50%)
4	Physical hazards and control	4/5	(80%)
5	MSDs and mental health risks and control	3/3	(100%)
<b>Total</b>		<b>15/20</b>	<b>75%</b>

Training providers will also receive feedback on the performance of all candidates.

Written exam performance against syllabus		Number of candidates in each scoring band	
		0-74%	75-100%
CHRC2 Written Exam	Managing health risks	4	6
CHRC2 Written Exam	Risk assessment and control principles	6	4
CHRC2 Written Exam	Chemical and biological hazards and control	2	8
CHRC2 Written Exam	Physical hazards and control	2	8
CHRC2 Written Exam	MSDs and mental health risks and control	4	6

### Resits

Candidates may re-sit the examination, but must pass within 12 months of the original sitting. Re-sit fees are quoted on the BOHS website.

### Certification

Candidates who pass the course will receive the *Certificate in Controlling Health Risks on Construction Sites*.



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## Section 8

### Quality assurance

#### Internal quality assurance

Training providers must operate an internal quality assurance system which evaluates and improves the delivery of the course.

#### External quality assurance

BOHS reviews the results from the multiple choice examination and may conduct surveys of students and make unannounced visits to training providers to ensure that the multiple choice examination is invigilated in line with requirements.

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## Section 9

### Offering the course

#### New and Approved training providers

Please send an email to [qualifications@bohs.org](mailto:qualifications@bohs.org) expressing your interest in offering the qualification and we will advise you about the approvals process.

## Section 10

### Other courses and qualifications

Candidates may also wish to take the following:

#### **P304: COSHH - Fundamentals of Risk Assessment and Control**

##### **Objective**

To give practical guidance on assessing the health risks caused by hazardous substances, in order to meet the requirements of the Control of Substances Hazardous to Health (COSHH) Regulations 2002 for a 'suitable and sufficient' risk assessment.

##### **Target audience**

Anyone who is responsible for managing health risks in a place of work. This includes:

- ☒ Occupational Hygienists.
- ☒ Health and Safety practitioners.
- ☒ Managers and other Duty-Holders under COSHH.

For a full list of our courses and qualifications, please visit  
<http://www.bohs.org/qualifications-training/bohs-qualifications/>

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Information in this course specification is correct at the time of issue but may be subject to change.

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