



101.1.3:

& CARPENTRY & JOINERY.

Main Regulations.

This book is designed to support your carpentry and joinery studies across the 6219-06 Construction Skills Qualification.



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at a glance



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James Rix



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Before you start.

This section introduces you to the **main health and safety regulations** that sit underneath the **Health and Safety at Work Act 1974 (HASAWA)**. These regulations explain *how* employers and employees must keep a construction site safe, and they cover everything from working at height to using machinery, handling chemicals, and protecting your hearing.

Understanding these regulations is important because they:

- Keep workers safe
- Reduce accidents and injuries
- Make sure employers follow the law
- Help prevent long-term health problems
- Support safe working practices on every site
- Throughout this section, you will learn:
- What regulations are
- Why they exist
- How they link to HASAWA
- What each major regulation covers
- How they apply to real construction tasks

You will also explore short scenarios to help you recognise how these regulations work in everyday site situations.

By the end of this unit, you should feel confident explaining the **main regulations** that protect workers in the construction industry.

Learning Outcomes Overview.

For this section, you are working towards **Learning Outcome 1.3** from the unit specification.

According to *101.pdf*, the learner must be able to:

“State the main regulations covered under the Health and Safety at Work Act 1974.”

This means you need to know the **key regulations** that support the Health and Safety at Work Act (HASAWA) and help keep construction workers safe.

The **range** for this outcome includes the following regulations:

- **HASAWA** – Health and Safety at Work Act 1974
- **RIDDOR** – Reporting of Injuries, Diseases and Dangerous Occurrences Regulations
- **COSHH** – Control of Substances Hazardous to Health
- **NAW** – Noise at Work Regulations
- **PUWER** – Provision and Use of Work Equipment Regulations
- **WAH** – Work at Height Regulations
- **PPE** – Personal Protective Equipment at Work Regulations

In this section, you will learn:

- What each regulation is
- What it aims to protect
- How it applies to construction work
- Why it is important for employers and employees

By the end of this unit, you should be able to **name each regulation** and **explain its purpose** in simple, clear terms.

What are regulations?.

Regulations are **specific rules** that explain how the Health and Safety at Work Act 1974 (HASAWA) must be followed in real workplaces. While HASAWA sets out the *general duties* for employers and employees, the regulations break these duties down into **clear, detailed requirements**. Think of it like this:

- **HASAWA** = the main law
- **Regulations** = the instructions that show how to follow the law safely

Regulations tell employers and workers:

- What they **must** do
- How they **must** do it
- What equipment or controls are required
- What training or supervision is needed
- How to reduce risks in specific situations

They cover almost every part of construction work, including:

- Using machinery
- Working at height
- Handling chemicals
- Controlling noise
- Reporting accidents
- Wearing PPE



Regulations are **legal requirements**, not optional guidance. If a regulation is broken, the HSE can take action — including issuing notices, stopping work, or prosecuting a company.

Understanding regulations helps you work safely, follow the law, and protect yourself and others on site.

Why Regulations Exist.

Regulations exist to make sure that everyone on a construction site is protected from harm. While the Health and Safety at Work Act (HASAWA) sets out the *general* duty to keep people safe, the regulations explain **exactly how** this must be done.

Regulations exist for several important reasons:

- To [prevent accidents and injuries
- To protect Long-Term Health
- To make legal duties clear
- To support fair and safe workplace
- To reduce costs to disruption
- To give the HSE the power to enforce safety



Main Regulations.

The Health and Safety at Work Act 1974 (HASAWA) is the main law that protects workers in the UK. However, HASAWA is a **general law**, so it needs additional regulations to explain exactly how employers and employees must keep workplaces safe.

These regulations focus on specific risks, tasks, and types of work commonly found in construction. Each one has a clear purpose and sets out legal requirements that must be followed on every site.



HASAWA.

Regulation:

The Health & Safety at Work Act

Year:

1974

Purpose:

The Health and Safety at Work Act 1974 (HASAWA) applies to all types and places of work and to employers, employees, self-employed people, subcontractors and even suppliers. The Act is there to protect not only the people at work but also the general public, who may be affected in some way by the work that has been or will be carried out.



COSHH.

Regulation:

Control of Substances Hazardous to Death

Year:

2002

Purpose:

The COSHH regulations state how employees and employers should work with, handle, move and safely dispose of potentially dangerous substances. A substance hazardous to health is anything that might negatively affect your health, for example:

- Dust or small particles from things like wood dust and fumes from chemicals
- Chemicals in things like paint and adhesives
- Explosive or flammable chemicals or metals

All hazardous substances are covered by COSHH regulations, except asbestos and lead paint, which have their own special regulations.



NAW.

Regulation:

Noise at Work.

Year:

2005

Purpose:

At some point in your career in construction, you are likely to work in a noisy environment. These regulations help protect you against the consequences of being exposed to high levels of noise. High levels of noise can lead to permanent hearing loss.



PUWER.

Regulation:

Noise at Work.

Year:

1998

Purpose:

These regulations cover all new or existing work equipment leased, hired or second-hand. They apply in most working environments where the HASAW applies, including all industrial, offshore and service operations.

These regulations cover starting, stopping, regular use, transport, repair, modification, servicing and cleaning of work equipment.



WAH.

Regulation:

Working at Height

Year:

2005

Purpose:

The **Work at Height Regulations (WAHR) 2005** cover any activity where a person could fall and be injured, regardless of the height involved. They set out clear duties for employers, the self-employed, and anyone who controls work at height (such as building owners or site managers).



PPE.

Regulation:

Personal Protective Equipment

Year:

2005

Purpose:

The **Work at Height Regulations (WAHR) 2005** cover any activity where a person could fall and be injured, regardless of the height involved. They set out clear duties for employers, the self-employed, and anyone who controls work at height (such as building owners or site managers).



Practice Test.

1) Multiple Choice Question (MCQ)

Which regulation protects workers from harmful dusts, fumes, vapours, and chemicals?

- ☐ A) NAW
- ☐ B) COSHH
- ☐ C) PUWER
- ☐ D) PPE

2) Written Question

Explain why regulations exist on a construction site. Write two reasons.

3) True or False

Under RIDDOR, employers must report certain injuries, diseases, and dangerous occurrences to the HSE.

- ☐ • True
- ☐ • False

Glossary of Terms.

HASAWA (Health and Safety at Work Act 1974)

The main law that protects people at work. It sets out the general duties employers and employees must follow to keep workplaces safe.

Regulation

A specific legal rule that explains how the Health and Safety at Work Act must be followed on site.

RIDDOR (Reporting of Injuries, Diseases and Dangerous Occurrences Regulations)

The regulation that requires employers to report serious injuries, certain illnesses, and dangerous incidents to the HSE.

COSHH (Control of Substances Hazardous to Health)

Regulations that control how workers use, store, and handle hazardous substances such as dust, fumes, chemicals, and vapours.

Hazardous Substance

Any substance that can harm health — for example, wood dust, silica dust, paint fumes, solvents, or cleaning chemicals.

NAW (Noise at Work Regulations)

Regulations that protect workers from hearing damage caused by loud tools, machinery, and site environments.

PUWER (Provision and Use of Work Equipment Regulations)

Regulations that ensure all tools and machinery are safe, suitable, maintained, and used only by trained workers.

WAH (Work at Height Regulations)

Regulations that cover any work where a person could fall and be injured. They require planning, safe equipment, and competent workers.

PPE Regulations (Personal Protective Equipment at Work Regulations)

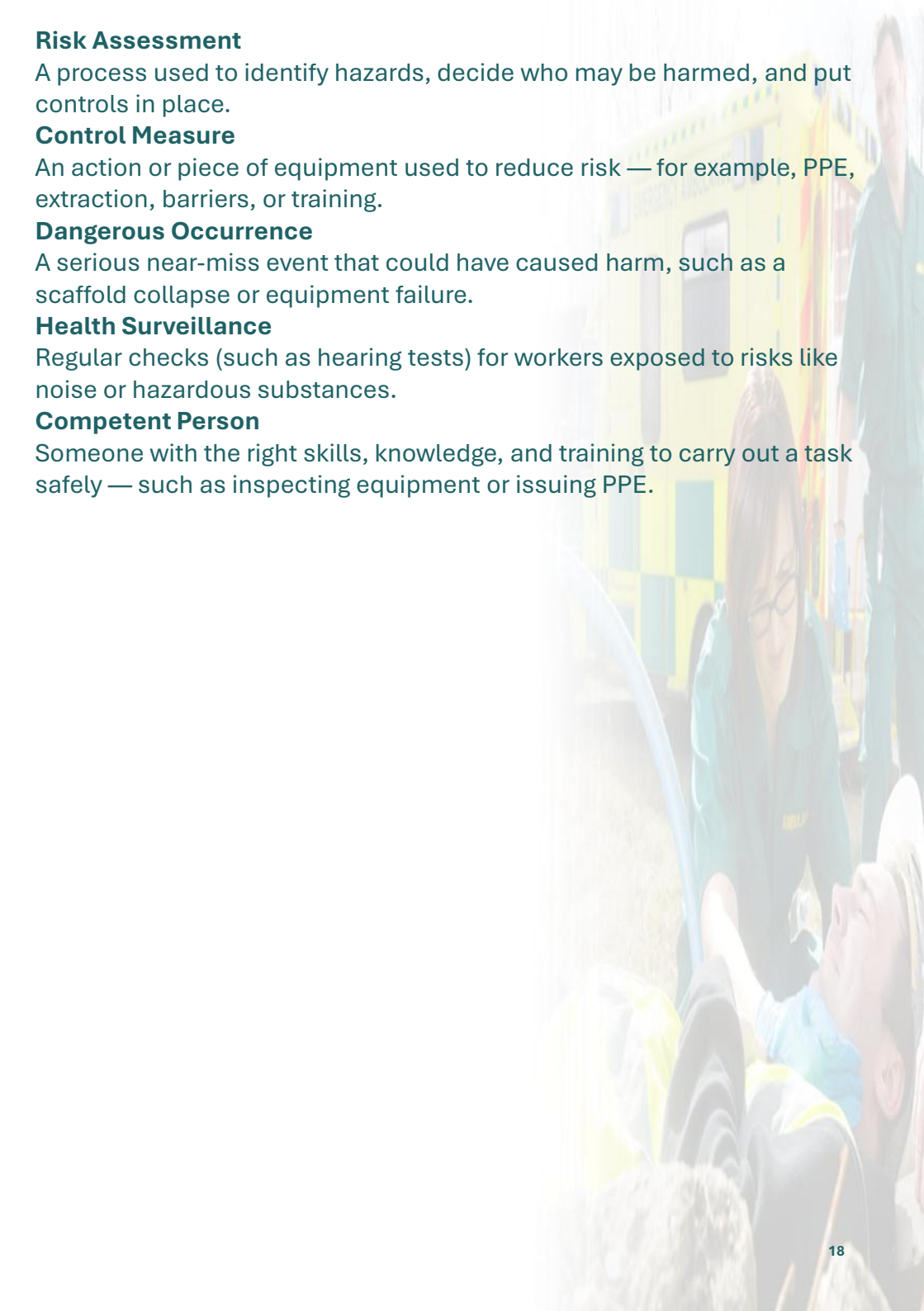
Regulations that require employers to provide suitable PPE free of charge and ensure it is checked, maintained, and used correctly.

PPE (Personal Protective Equipment)

Equipment worn to protect workers, such as helmets, gloves, goggles, boots, masks, and ear defenders.

Exposure

The amount of noise, dust, fumes, or chemicals a worker comes into contact with during their job.



Risk Assessment

A process used to identify hazards, decide who may be harmed, and put controls in place.

Control Measure

An action or piece of equipment used to reduce risk — for example, PPE, extraction, barriers, or training.

Dangerous Occurrence

A serious near-miss event that could have caused harm, such as a scaffold collapse or equipment failure.

Health Surveillance

Regular checks (such as hearing tests) for workers exposed to risks like noise or hazardous substances.

Competent Person

Someone with the right skills, knowledge, and training to carry out a task safely — such as inspecting equipment or issuing PPE.

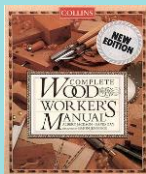
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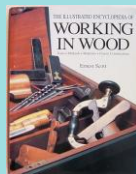
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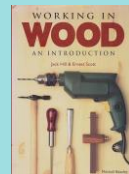
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Other Books in the series.



This series of books accompanies the learning materials developed for the unit 101: Introduction to Health and Safety in Construction. They include:

- 101.1.1: The Importance of Health and Safety in Construction
- 101.1.2: The role of the Health and Safety Executive (HSE)
- 101.1.3: Main Regulations
- 101.1.4: Roles and Responsibilities
- 101.2.1: Common Causes of Accidents in Construction
- 101.2.2: Risk
- 101.2.3: Hazard
- 101.2.4: Risk Assessments
- 101.3.1: Safety Sign Categories
- 101.3.2: Safety Signs
- 101.3.3: COSHH Safety Signs
- 101.4.1: Personal Protective Equipment (PPE)



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