



Spin the Regs

Activity Pack



- Explain It**
- Apply It**
- Risk It**
- Empathise**
- Summarise**



City &
Guilds

Lecturer: James Rix

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Intro.

The Regulation Spinner Challenge is an interactive learning activity designed to make Health & Safety regulations more engaging, memorable, and accessible for construction learners. Using a 3D-printed spinner board, students land on one of six key UK regulations and complete a challenge linked to real-world site practice. This transforms a traditionally theory-heavy topic into a hands-on, discussion-driven experience that builds confidence and supports deeper understanding.

Learners explore what each regulation means, why it exists, and how it applies to everyday construction tasks. Through short prompts, scenario-based questions, and group discussion, they develop the knowledge and communication skills needed for safe working practice. The activity supports a wide range of abilities, including SEND learners, through simple language, visual prompts, and structured challenge types.

Aim:

The aim of this activity is to help learners build a confident understanding of key UK construction regulations by exploring them through a hands-on, chance-based spinner challenge. Learners will develop their ability to recall, explain, and apply Health & Safety regulations to real site situations, improving both their knowledge and their readiness for safe working practice.

Learning Objectives:

By the end of this activity, learners will be able to:

- Identify six key UK Health & Safety regulations used in construction.
- Explain what each regulation covers in simple terms.
- Give examples of how each regulation applies on site.
- Describe consequences of not following the regulation.
- Apply regulation knowledge to short site-based scenarios.
- Communicate their understanding verbally or in writing.

Activity Overview.

Learners use a 3D-printed spinner board divided into six sections, each representing a different Health & Safety regulation. After spinning, they draw a challenge token that tells them what type of response they must give (e.g., explain it, give an example, identify a risk, apply to a scenario). Learners use the provided Regulation Reference Sheets to support their answers.

The activity can be run individually, in pairs, or in small groups. It works as a warm-up, revision task, or standalone learning activity.

Why this activity helps!

This activity:

- Turns abstract regulations into practical, memorable tasks.
- Builds confidence through repetition and varied challenge types.
- Supports SEND learners with visual prompts and simple definitions.
- Encourages verbal communication and peer discussion.
- Reinforces exam-style skills such as explanation, application, and scenario reasoning.
- Provides a low-pressure, game-based environment that increases engagement.

Student Instructions.

1. Spin the wheel to select a regulation.
2. Pick a Challenge Token to see what type of answer you need to give.
3. Use the Regulation Reference Sheet to help you understand the rule.
4. Complete the challenge by writing or saying your answer.
5. Share your response with your group or tutor.
6. Listen to feedback and improve your answer if needed.

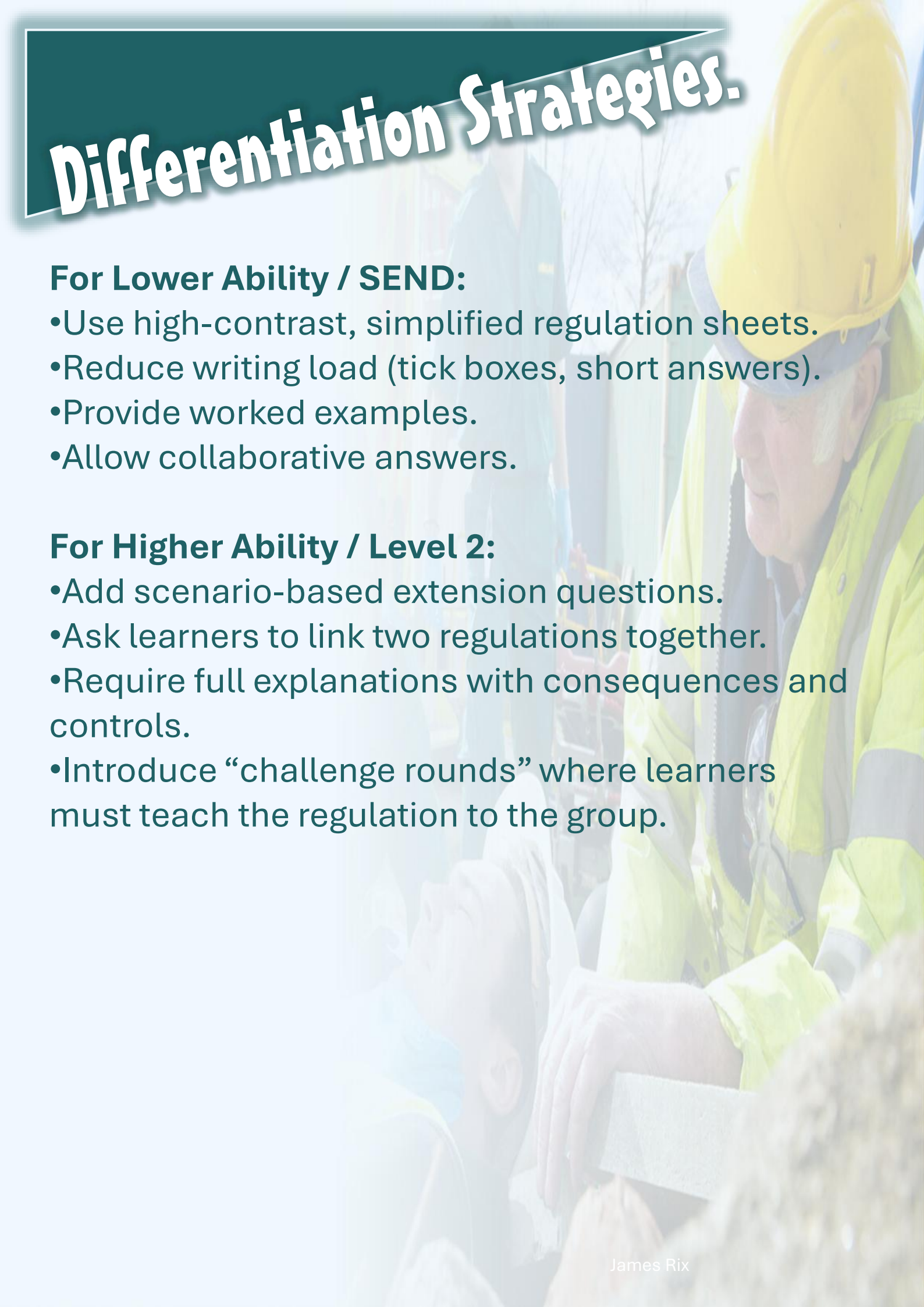
Lecturer Instructions.

- Set up the spinner board and place regulation sheets around it.
- Explain the six regulations briefly before starting.
- Demonstrate one example round so learners understand the process.
- Encourage learners to use the reference sheets rather than guessing.
- Circulate, question, and stretch learners as they work.
- Use challenge tokens to differentiate and vary difficulty.
- End with a plenary to reinforce key learning points.

Scaffolding Options.

- Provide sentence starters (e.g., “This regulation is about...”, “An example is...”).
- Allow learners to answer verbally instead of writing.
- Use picture-based prompts for SEND learners.
- Offer simplified definitions for lower-ability groups.
- Pair higher-ability learners with those needing support.
- Allow learners to re-spin if they land on a regulation they cannot yet explain.

Differentiation Strategies.

A background image of a construction worker wearing a yellow hard hat and a high-visibility yellow vest. The worker is looking down at a clipboard or a piece of paper they are holding. The image is slightly faded and serves as a background for the text.

For Lower Ability / SEND:

- Use high-contrast, simplified regulation sheets.
- Reduce writing load (tick boxes, short answers).
- Provide worked examples.
- Allow collaborative answers.

For Higher Ability / Level 2:

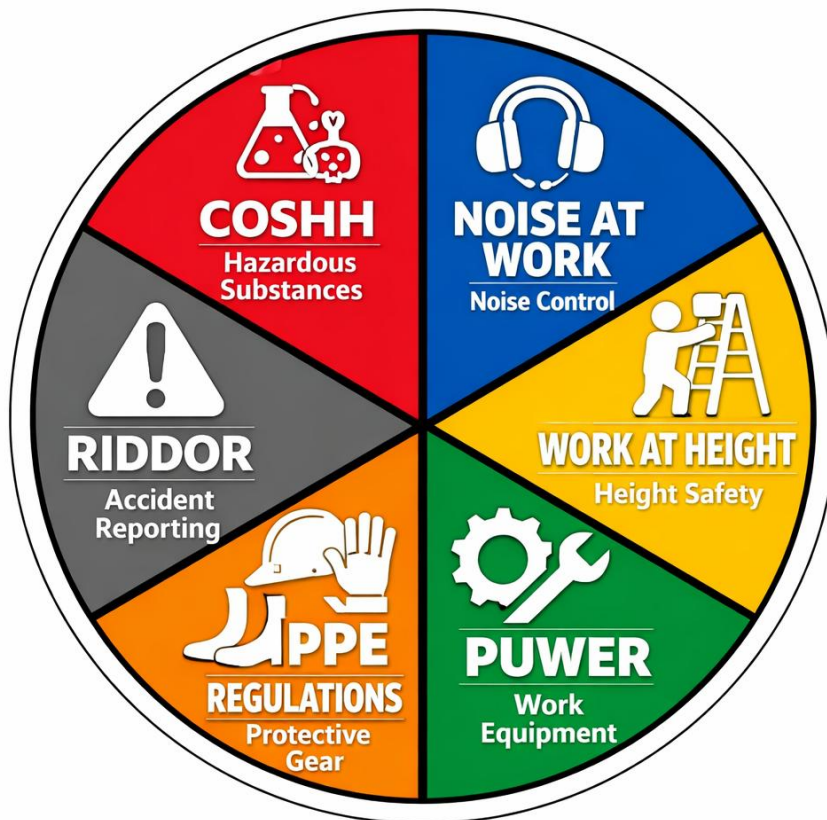
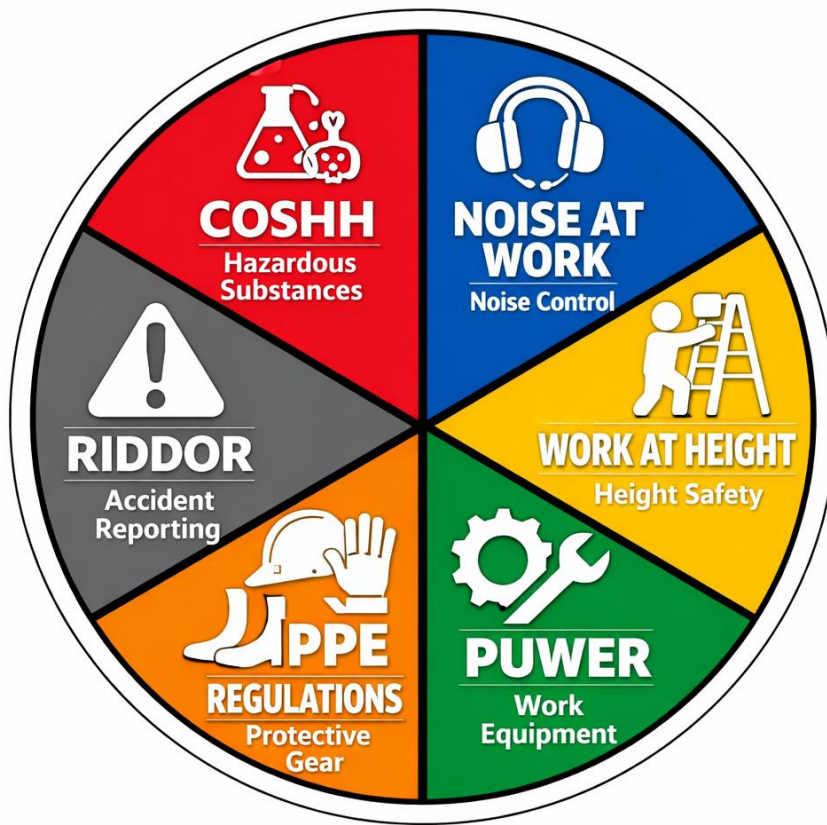
- Add scenario-based extension questions.
- Ask learners to link two regulations together.
- Require full explanations with consequences and controls.
- Introduce “challenge rounds” where learners must teach the regulation to the group.

Assessment Opportunities.

- Quality of verbal responses during the challenge.
- Completion of worksheets or whiteboard tasks.
- Ability to apply regulations to scenarios.
- Peer discussion and reasoning.
- Tutor questioning and observation.
- Exit tickets or plenary tasks.

Printables.

- Spinner Label
- Regulation Flash Cards
- Reference Sheets
- Bonus Content
- Challenge Tokens
- Reg Scenario Cards
- Activity Worksheet



101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Flash Card



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COSHH



Abbr: COSHH

Year: 1989

Title: Control of Substances Hazardous to Health

Description:

COSHH requires employers to control hazardous substances to protect workers' health. It focuses on assessing risks and putting controls like safe handling, ventilation, and PPE in place.

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Activity

101.1c – Spin the Regs

Regulation Flash Card



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Noise At Work



Abbr: NAW

Year: 2005

Title: Noise at Work

Description:

The **Noise at Work Regulations** protect workers from hearing damage by requiring employers to assess noise levels, reduce exposure, and provide hearing protection where needed.

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Activity

101.1c – Spin the Regs

Regulation Flash Card



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Working At Height



Abbr: WAHR

Year: 2005

Title: Work at Height Regulations

Description:

The **Work at Height Regulations** require employers to prevent falls by planning work properly, using safe equipment, and ensuring workers are trained and competent when working at any height where a fall could cause injury.

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Activity

101.1c – Spin the Regs

Regulation Flash Card



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PUWER



Abbr: PUWER

Year: 1998

Title: Provision and Use of Work Equipment Regulations

Description: PUWER requires

employers to ensure that all work equipment is suitable, safe to use, properly maintained, and operated only by trained and competent people to prevent accidents and injuries.

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Activity

101.1c – Spin the Regs

Regulation Flash Card



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101.1: Know the importance of Health & Safety in the Construction Industry

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Regulation Flash Card



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PPE



Abbr: PPE

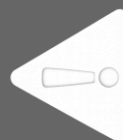
Year: 1992

Title: Personal Protective

Equipment at Work Regulations

Description: The PPE Regulations require employers to provide suitable personal protective equipment, ensure it fits properly, and train workers to use it correctly when risks cannot be controlled by other means.

RIDDOR



Abbr: RIDDOR

Year: 2013 (current version)

Title: Reporting of Injuries,

Diseases and Dangerous

Occurrences Regulations

Description: RIDDOR requires

employers to report certain

workplace accidents, injuries,

diseases, and dangerous

occurrences to the HSE so that

serious risks can be monitored,

investigated, and prevented in the future.



COSHH – Control of Substances Hazardous to Health (2002)

What It Means

Controls harmful substances like **chemicals, dusts, fumes, and liquids**. Requires **safe assessment** and handling.



Key Points

- ✓ **Cement dust, paints**, solvents, cleaning chemicals.
- ✓ Do a **COSHH assessment** before work.
- ✓ Wear **PPE** and handle substances safely.
- ✓ **Label, store, and dispose** of substances properly.



Examples

- ✓ Mixing cement or plaster.
- ✓ Painting with solvent-based paint.
- ✓ Using chemical cleaners.
- ✓ Cutting insulation boards.



Hazards

- ✓ **Skin rashes or burns.**
- ✓ **Breathing** in toxic dust.
- ✓ **Long-term** illnesses.
- ✓ **Fire or explosions.**



Safe Practices

- ✓ Wear gloves, masks, goggles.
- ✓ Use extraction or ventilation.
- ✓ Store chemicals safely.
- ✓ Wash hands after use.



Why It Matters



Hazardous substances can cause serious illness or long-term health problems.

This rule is to stop people getting sick or hurt from dangerous substances.



Work at Height Regulations 2005

What It Means

Controls any work where a **fall could** injure someone.
Requires **safe planning** and equipment.



Key Points

- ✓ Ladders, **scaffolds**, **roofs**, **platforms**.
- ✓ **Plan** and **supervise** work properly.
- ✓ Use **safe** and **checked** equipment.
- ✓ Avoid working at **height** if possible.



Examples

- ✓ Fixing **roof tiles**.
- ✓ Bricklaying on scaffolding.
- ✓ Using a tower scaffold.
- ✓ Installing gutters.



Hazards

- ✓ Falls from height.
- ✓ Falling tools or materials.
- ✓ Slippery or unstable surfaces.

Safe Practices

- ✓ Use guard rails and harnesses.
- ✓ Check ladders and scaffolds.
- ✓ Keep work areas tidy.
- ✓ Only trained workers.



Why It Matters



Falls from height are the *biggest cause of deaths in construction.*

This rule is to stop people falling and getting hurt.



Noise at Work Regulations 2005

What It Means

Controls **loud noise** at work that can damage hearing over time.
Requires **protection** and noise reduction.



Key Points

- ✓ Loud tools like **drills** and **saws**.
- ✓ Employers must **measure** noise levels.
- ✓ Workers need **hearing protection** (e.g, ear defenders, earplugs).
- ✓ Take **breaks** from noisy tasks.



Examples

- ✓ Using jackhammers.
- ✓ Cutting metal with grinders.
- ✓ Operating a nail gun.
- ✓ Working in noisy plant rooms.



Hazards

- ✓ Hearing loss or tinnitus.
- ✓ Difficulty hearing instructions.
- ✓ Long-term ear damage.



Safe Practices

- ✓ Wear ear defenders or earplugs.
- ✓ Use noise meters to check levels.
- ✓ Put up warning signs.
- ✓ Take regular breaks in quiet areas.



Why It Matters



Loud noise can cause permanent hearing damage and make it hard to communicate safely.

This rule is to protect your ears from loud noise at work.



RIDDOR — Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (2013)

What It Means

Reporting serious workplace accidents, injuries, diseases, and dangerous events to the HSE. Helps prevent future incidents.



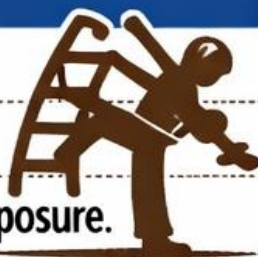
Key Points

- ✓ Serious injuries or deaths must be reported.
- ✓ Report to the HSE or local authority.
- ✓ Keep records of all incidents.
- ✓ Tell your supervisor about accidents or near misses.



Examples

- ✓ Falling from a ladder.
- ✓ Scaffold collapse.
- ✓ Illness from chemical exposure.
- ✓ Near-miss with machinery.



Hazards

- ✓ Falls from height.
- ✓ Electrical accidents.
- ✓ Exposure to toxic substances.
- ✓ Fires or explosions.



Safe Practices

- ✓ Record all accidents and near misses.
- ✓ Report serious incidents quickly.
- ✓ Keep RIDDOR forms on file.
- ✓ Review and update risk assessments..

Safe Practices

- ✓ Record all accidents and near misses..
- ✓ Report serious incidents quickly.
- ✓ Keep RIDDOR forms on file.
- ✓ Review and update risk assessments..



Why It Matters



RIDDOR helps find out why accidents happen and make workplaces safer.

This rule is to report bad accidents so they don't happen again.



PUWER — Provision and Use of Work Equipment Regulations (1998)

What It Means

Ensures work equipment is safe and **properly maintained**.
Employers must make sure tools and machinery are used safely by trained workers.



Key Points

- ✓ Equipment **must be safe** and fit for purpose.
- ✓ Only **trained workers** should use machinery.
- ✓ Regular **inspections** and maintenance are needed.
- ✓ Faulty equipment **must be reported** and taken out of use.



Examples

- ✓ Using a **circular saw**.
- ✓ Operating a **forklift**.
- ✓ Checking **guards** and stops.
- ✓ Maintaining **power tools**.



Hazards

- ✓ Cuts or crush injuries.
- ✓ **Electric shocks**.
- ✓ Entanglement in machinery.
- ✓ Flying debris or sparks.



Safe Practices

- ✓ **Inspect tools** before use.
- ✓ Keep **guards** and safety devices in place.
- ✓ Follow **manufacturer instructions**.
- ✓ **Report defects** immediately.
- ✓ Use **PHP** when equipped.



Why It Matters



PUWER helps prevent injuries from unsafe equipment.

This rule is to make sure all tools and machines are safe.



PPE Regulations 1992 (as amended)

What It Means

Ensures workers how the **right Personal Protective Equipment (PPE)** to stay safe. Employers must provide, maintain, and replace PPE.



Key Points

- ✓ PPE must be suitable and fit properly.
- ✓ Employers provide PPE free of charge.
- ✓ Workers must **wear PPE** and **report damage**.
- ✓ PPE should be checked and stored safely.



Examples

- ✓ Wearing a hard hat.
- ✓ Using **safety gloves**.
- ✓ Wearing a **dust mask**.
- ✓ Wearing safety boots.



Hazards

- ✓ **Head** injuries from falling objects.
- ✓ **Eye damage** from debris or sparks.
- ✓ Breathing in harmful dust or fumes.
- ✓ Cuts and crush injuries.



Safe Practices

- ✓ Always wear the right PPE.
- ✓ Check PPE before use.
- ✓ Keep PPE clean and stored properly.
- ✓ Replace damaged PPE quickly.

Safe Practices

- ✓ Always wear the right PPE.
- ✓ Check PPE before use.
- ✓ Keep PPE clean and stored properly.
- ✓ Replace worn or damaged PPE.



Why It Matters



PPE is the last defence against injuries on site.

This rule is to make sure everyone wears the right safety gear.

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card

 City & Guilds

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1974

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card

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2013

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Activity

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2002

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1998

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Activity

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2005

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Activity

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2002

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Activity

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Regulation Match-Up Card



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The Health and Safety at Work Act

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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Reporting of Injuries, Diseases and Dangerous Occurrences

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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Control of Substances Hazardous to Health

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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Provision and Use of Work Equipment

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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Noise at Work

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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Working at Height

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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Personal Protective Equipment

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

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Regulation Match-Up Card



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HASAWA

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

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Regulation Match-Up Card



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RIDDOR

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Activity

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Regulation Match-Up Card



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COSHH

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Activity

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Regulation Match-Up Card



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PUWER

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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NAW

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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WAH

101.1: Know the importance of Health & Safety in the Construction Industry

Activity

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Regulation Match-Up Card



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PPE

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Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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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.

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Activity

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Regulation Match-Up Card



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employers have a duty to report accidents, diseases or dangerous occurrences. The HSE use this information to identify where and how risk arises and to investigate serious accidents

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Activity

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Regulation Match-Up Card



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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.

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Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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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.

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Activity

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Regulation Match-Up Card



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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.

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Activity

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Regulation Match-Up Card



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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).

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Activity

101.1c – Spin the Regs

Regulation Match-Up Card



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These regulations cover all types of personal protection equipment (PPE), from gloves to breathing apparatus.



1 COSHH – Hazardous Substances

Scenario: A decorator is sanding old paint that contains lead. Dust is spreading around the room and no extraction or masks are being used.

Learner Task: Which regulation applies, and why?

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Activity

101.1c – Spin the Regs

Regulation Scenario Card



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Reg Scenario

1

Scenario: A decorator is sanding old paint that contains lead. Dust is spreading around the room and no extraction or masks are being used.

Learner Task: Which regulation applies, and why?



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Activity

101.1c – Spin the Regs

Regulation Scenario Card



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Reg Scenario

2

Scenario: A cleaner is using a strong brick-acid solution without gloves. The liquid splashes onto their skin and causes burning.

Learner Task: Which regulation applies, and why?



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Activity

101.1c – Spin the Regs

Regulation Scenario Card



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Reg Scenario

3

Scenario: A groundworker uses a pneumatic breaker for several hours. No hearing protection is provided, and he complains of ringing in his ears.

Learner Task: Which regulation applies, and why?



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Activity

101.1c – Spin the Regs

Regulation Scenario Card



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Reg Scenario

4

Scenario: A painter stands on the top step of a stepladder to reach a high corner. The ladder wobbles because it is on uneven ground.

Learner Task: Which regulation applies, and why?



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Activity

101.1c – Spin the Regs

Regulation Scenario Card



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Reg Scenario

5

Scenario: A labourer drops a heavy block on his foot and fractures a toe. The site manager tells him “we don’t need to report that”.

Learner Task: Which regulation applies, and why?



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Activity

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Regulation Scenario Card



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Reg Scenario

6

Scenario: A worker is cutting metal with an angle grinder. Sparks fly into his eyes because he was not given safety goggles.

Learner Task: Which regulation applies, and why?



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Regulation Scenario Card



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Reg Scenario

7

Scenario: A cement mixer is being used even though the plug is cracked and the cable is exposed. The supervisor says “it still works, just be careful”.

Learner Task: Which regulation applies, and why?



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Regulation Scenario Card



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Reg Scenario

8

Scenario: A new apprentice is told to use a nail gun without any training or supervision. He is unsure how to load or fire it safely.

Learner Task: Which regulation applies, and why?



Answer Sheet – Regulation Scenario Cards

1 COSHH – Hazardous Substances

Answer: COSHH **Why:** The worker is creating harmful dust from old paint and needs protection and control measures.

2 COSHH – Hazardous Substances

Answer: COSHH **Why:** The cleaner is using a strong chemical that can burn skin, so COSHH rules apply.

3 Noise at Work Regulations

Answer: Noise at Work Regulations **Why:** The worker is exposed to loud noise from a breaker and has no hearing protection.

4 Work at Height Regulations

Answer: Work at Height Regulations **Why:** The painter is using a ladder unsafely on uneven ground, creating a fall risk.

5 RIDDOR

Answer: RIDDOR **Why:** A broken toe is a reportable injury, and the manager must record and report it.

6 PPE Regulations

Answer: PPE Regulations **Why:** The worker needed goggles to protect their eyes from sparks while cutting metal.

7 PUWER – Work Equipment

Answer: PUWER **Why:** The cement mixer is damaged and unsafe, so it should not be used under PUWER rules.

8 PUWER – Work Equipment

Answer: PUWER **Why:** The apprentice is using a nail gun without training or supervision, which breaks PUWER requirements.



Spin the Regs

Activity Pack

Participant Info.

Team:

Individual:


Explain It


Apply It


Risk It


Empathise


Summarise



Before you start!



Before You Start

Before you begin this activity, take a moment to get ready. You'll be exploring the main Health and Safety regulations that protect people working in construction. Each regulation has a different purpose — some deal with chemicals, others with noise, equipment, or accidents.

You'll use the spinner to land on a regulation, read what it means, and match it to real-life situations that could happen on site. This activity helps you recognise which rules apply to different hazards and why they matter.

Make sure you have your spinner, regulation cards, and a pen or pencil ready. Work carefully, think about each scenario, and discuss your ideas with your group before writing your answers.

Regulation Table.

Complete this table.

Year	Abbreviation	Title	Description
1974			
		Reporting of injuries, Diseases and Dangerous Occurrences	
2002			how employees and employers should work with, handle, move and safely dispose of potentially dangerous substances.
2005	NAW		Duty to reduce exposure to high levels of noise which can damage your hearing.
		Provision and Use of Work Equipment	
2005	WAH		
2	PPE		

Q: Why is the Health and Safety at Work Act 1974 known as the Umbrella Regulation for construction safety?

Q: Spin the spinner and explain how it helps keep workers safe.



Regulation Table - Complete.

Year	Abbreviation	Title	Description
1974	HASAWA	The Health & Safety at Work Act	The main umbrella regulation to all others here
2013	RIDDOR	Reporting of injuries, Diseases and Dangerous Occurrences	duty to report accidents, diseases or dangerous occurrences.
2002	COSHH	The Control of Substances Hazardous to Health	how employees and employers should work with, handle, move and safely dispose of potentially dangerous substances.
2005	NAW	The Control of Noise at Work	Duty to reduce exposure to high levels of noise which can damage your hearing.
1998	PUWER	Provision and Use of Work Equipment	cover all new or existing work equipment leased, hired or second-hand.
2005	WAH	Working at Height	Covers workers working from height.
2002	PPE	Personal Protective Equipment	cover all types of personal protection equipment (PPE),

Thank You.

We would like to take this opportunity to thank you for using this learning resource, we hope you found it useful.

If you have any questions regarding this or any of our learning resources, please contact us on:



educon.rix@gmail.com

Lecturer:
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