

The background is a vibrant green color with a collage of various chemical safety symbols and laboratory glassware. The symbols include a skull and crossbones, a flame, a person with a starburst on their chest, a hand being burned, a gas cylinder, a biohazard symbol, and a person carrying a large container. Laboratory glassware like beakers, flasks, and test tubes are also visible. The text is centered in the middle of the page.

MIN KJEMISKE GUIDE

**SJEKKLISTE
ORDBOK**

Checklist overview

Del I: Håndtering og bruk av og eksponering for farlige stoffer

God praksis når det gjelder visse kjemikalier og farlige stoffer

Do you apply good working practices described to reduce the risks when working with **carcinogenic, mutagenic or reprotoxic substances**?

Ja Nei

Do you apply good working practices to reduce the risks when working with **sensitising substances**?

Ja Nei

Do you apply good working practices to reduce exposure to **asbestos**?

Ja Nei

Do you apply good working practices to reduce the risks when working with **cytostatics** or any other medical product which may cause adverse effects?

Ja Nei

Do you apply good working practices to reduce the risks when working with **isocyanates/polyurethane, epoxy, acrylates or cyanoacrylates**?

Ja Nei

Do you apply the good working practices to reduce exposure to **dust that contains quartz**?

Ja Nei

Do you apply good working practices to reduce exposure to dust from mineral wool, e.g. **glass wool, rock wool, or glass fibre**?

Ja Nei

If you cannot avoid working with **refractory fibres**, special fibres or crystalline fibres, do you apply good working practices described to reduce exposure (and the risk of cancer)?

Ja Nei

Arbeidstakere med konkret risiko

Do you know which chemical substances pregnant and breast-feeding women are not allowed to work with?

Ja Nei

Do you know which chemical substances young workers are not allowed to work with?

Ja Nei

Have you done what is necessary to protect those that have not the necessary language capacities to understand all written and/or oral preventive instructions?

Ja Nei

Have you done what is necessary to protect those that have mental or physical disabilities?

Ja Nei

Have you done what is necessary to protect those that work alone with chemical products or dangerous substances?

Ja Nei

Good practice for certain activities and businesses

Do you apply good working practices for hairdressers?

Ja Nei

Do you apply good working practices for electroplating?

Ja Nei

Do you apply good working practices for laboratory work?

Ja Nei

Do you apply good working practices for welding and thermo-cutting?

Ja Nei

Do you apply good working practices for spray painting?

Ja Nei

Do you apply good practices for work in confined spaces?

Ja Nei

Do you apply good practices for work with liquid manure?

Ja Nei

Import of chemicals

Have you got the necessary documented information about risks and safety precautions for the chemicals you import?

Ja Nei

Mixing

Have you taken the necessary risk and safety precautions for the chemical products that you mix and store for later use in your own company?

Ja Nei

Repackaging and distributing

Have you taken the necessary risk and safety precautions if you repack or distribute chemical products or substances (e.g. filling a liquid chemical product from a larger barrel to smaller containers)

Ja Nei

Asbest

Have you checked whether you are working with asbestos in demolition and renovation works?

Ja Nei

Have you checked whether you are processing or treating material containing asbestos?

Ja Nei

Have you checked whether you are working with asbestos in research, development or analysis?

Ja Nei

Sorting out unnecessary chemicals

Did you sort out chemical products which are not used/not needed anymore?

Ja Nei

Sikkerhetsdatablader og informasjon om risiko

Sikkerhetsdatablader (SDB-er) er tilgjengelig for alle kjemiske produkter som er i bruk eller på lager, og som er merket med et eller flere farepiktogrammer (svarte og hvite med rød ramme).

Ja Nei

Correct info in the SDS

We have checked that the safety data sheets and labelling of packaging seem to give reasonably correct information?

Ja Nei

Awareness and knowledge

Have all staff and all others who are in contact with chemical products or substances got information about and are aware of the risks and to they know how to work safely and protect themselves?

Ja Nei

Register of chemical products

Do you have a register (a list) of the chemical products and substances that is practical for you?

Ja Nei

Del II: Praksis og rutiner

Risikovurdering – fullført

Vi har gjennomført en fullstendig risikovurdering for alt arbeid der kjemiske produkter og stoffer brukes, eller der farlige stoffer blir dannet

Ja Nei

Risikovurdering – fullført

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Ja Nei

Risikovurdering – skriftlig dokument

Have you got a written record of those risk assessments that ought to/need to be documented?

Ja Nei

Kvaliteten på risikovurderingen

Er risikovurderingene dine gode nok?

Ja Nei

Purchase routines

Har du per i dag innvirkning på om dere kjøper inn unødvendig farlige kjemikalier?

Ja Nei

Storage

Do you follow the specific rules in the safety data sheets on the storage of chemical products?

Ja Nei

Unidentified uses

Have you checked that you use chemical products only for the uses that are listed in the Safety Data Sheets?

Ja Nei

Substitution

Have you checked if you can replace /substitute dangerous chemical products or processes by less dangerous ones?

Ja Nei

Successful substitution

Have you checked that the outcome of an implemented or planned exchange/substitution of a chemical product or process was successful?

Ja Nei

Emissions into the work place air

Have you taken the measures needed to reduce the concentration of the emission of dangerous substances into the air at the work places?

Ja Nei

Exposure at nearby work places

Have you taken measures needed to reduce the spreading of dangerous substances to colleagues working close by?

Ja Nei

Personal Protective Equipment - Gloves

Have you checked that you use the right type of protective gloves and use them in the right way?

Ja Nei

Del III: Kontrolltiltak for å redusere risikoen

Personal Protective Equipment – Respiratory protection

Have you checked that you use the right type of respiratory protection and use them in the right way?

Ja Nei

Personal Protective Equipment – Goggles and visors

Have you checked that you use the right type of safety goggles and visors and use them in the right way?

Ja Nei

Labels available

På arbeidsplasser som håndterer farlige stoffer, kan skilt og merking være nødvendig, for eksempel på rør og beholdere, og på produkter som inneholder farlige stoffer. Har du de nødvendige sikkerhetsskiltene og etikettene?

Ja Nei

Emergency eye-wash

Is emergency eye-wash fountain and/or emergency shower fast and easily accessible?

Ja Nei

Safety measure

Have you checked that you use the right kind of emergency eye-wash fountains and emergency showers and use them in the right way?

Ja Nei

Reporting of chemical injuries and accidents

Have you reported chemical incidents or injuries to the authorities (as well as other occupational injuries)?

Ja Nei

Follow-up on chemical injuries and accidents

Have you followed up these accidents and injuries and taken precautions to avoid similar incidents and injuries?

Ja Nei