

# NOISE AWARENESS

COURSE CONTENT OVERVIEW



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 HIGH SPEED™  
TRAINING

This e-learning course has been designed to educate those that work in an environment where high levels of noise may pose a risk to their health and safety. It will help you meet legal requirements by familiarising you with the risks posed by noise, your responsibilities as either employer or employee, and how you can control noise so to ensure people's hearing is not damaged and their general safety not compromised.

This course is designed for anyone who works in an industry that involves work procedures or equipment that generate hazardous levels of noise. It will look at why noise poses a risk to those who work in or may enter the premises, what your legal responsibilities are, and will share with you some good practices and control measures for keeping noise emissions to an absolute minimum. Upon completion of this course, you will have a strong awareness of noise safety that will enable you to protect your and others' hearing and overall wellbeing.

#### **Module One: Introduction**

This module provides a general overview of the risks posed by noise. It looks at why your workplace might be at risk, what dangers high levels of noise pose, and why having an understanding of the practices for minimising noise emissions will benefit your workplace.

- Are you at risk?
- The effects of noise
- Statistics on noise-induced hearing loss
- Measuring noise
- Why is noise awareness important?

#### **Module Two: Legislation**

This module will familiarise you with the relevant legislation that applies to noise control in the workplace. It explains what your legal duties are as either an employer and employee and what the exposure action values are as set by the regulations.

- The Controls of Noise at Work Regulations (2005)
- Employers' responsibilities
- Exposure action values
- Personal protective equipment
- Supply of equipment
- Employees' responsibilities

#### **Module Three: Risk Assessment**

This module will show you how to carry out a thorough and sufficient risk assessment. It will look at the five steps involved in its process and specific methods for measuring sound levels. It will also explain who should carry out a risk assessment.

- What is a risk assessment?
- Step 1: Identify the hazards
- Step 2: Decide who might be harmed and how
- Sound measuring equipment
- The Hierarchy of Control
- Step 3: Evaluate the risks and decide on precautions
- Step 4: Record your findings and implement them
- Step 5: Review and update
- Who should carry out a risk assessment?

#### **Module Four: Reducing and Controlling Risks**

This module provides a comprehensive guide to controlling and reducing the noise hazards that you may discover in your workplace. It looks at various control measures, which vary from stopping the noise at its source to controlling people's exposure with improved work processes and protective gear.

- Purchasing policy
- Supply of equipment
- Engineering controls
- Redesigning/reorganising the workplace
- Job rotation
- Information, instruction, and training
- Personal protective equipment
- Health surveillance

## Aims of the Training

By the end of this course learners will have a thorough understanding of:

- The risks posed by high levels of noise and the effects excessive exposure can have on a person's hearing.
- How noise is measured and what the acceptable levels of noise are in workplaces.
- Legislation relating to noise control and what employers' and employees' duties are under the regulations.
- What the exposure action values are, which dictate the noise levels that you must not exceed.
- How to carry out a noise risk assessment in your workplace to identify what could pose a threat to employees' hearing and general safety.
- How you can reduce the risks posed by noise exposure with suitable and sufficient control measures, as well as preventative procedures such as health surveillances.