

COURSE CONTENT OVERVIEW

Noise Awareness



This Noise Awareness course is for anyone in any workplace where high levels of noise may pose a risk to their health and safety. It will help you to meet your legal requirements, understand the risks posed by noise, and recognise how you can control noise to ensure people's hearing is not damaged and their general safety isn't compromised whilst at work.

The course is designed for anyone whose work procedures or equipment may generate hazardous levels of noise. By the end of the training, you'll be confident in assessing the risks and know how to implement suitable noise control measures in your workplace.

Module One: Introduction to Noise Awareness

This module highlights why noise control is so important in the workplace and provides examples of the risks to health and safety that noise can pose.

- Examples of noise in the workplace
- Risks of excessive noise
- Statistics on noise-induced hearing loss
- Why is controlling noise at work important?
- Estimating and measuring exposure to noise

Module Two: Control of Noise at Work: Legal Duties

This module looks at employer and employee responsibilities under health and safety legislation and considers what suppliers and manufacturers of work machinery must do to reduce the risks from noise.

- The Control of Noise at Work Regulations 2005
- Exposure action values
- Lower and upper exposure action values
- Hearing protection
- The Health and Safety at Work, etc. Act 1974
- Duties on manufacturers and suppliers
- Other legal duties
- Employee responsibilities
- Instruction manuals
- Actions to take if noise is affecting employees' hearing

Module Three: Risk Assessment

This module outlines the key steps of a noise risk assessment, how to evaluate existing noise control measures, and how to use the hierarchy of control in relation to noise hazards.

- What is a risk assessment?
- Key definitions
- Who should carry out the risk assessment?
- Identify the hazards
- Decide who might be harmed and how
- Consider how hazards may occur
- Measurement of noise
- Sound measuring equipment
- Evaluating existing control measures
- The hierarchy of control
- Record your findings
- Review and update

Module Four: Reducing and Controlling Risks

This module explains some of the main practical techniques to eliminate risks from noise, how engineering controls can help, and how to make the best use of hearing protection and health surveillance.

- Advantages of noise control over hearing protection
- Purchasing and hiring policies
- Standards for new machinery
- The hierarchy of control
- Maintenance and use of machinery and equipment
- Job rotation
- Information, instruction and training
- Hearing protection and hearing protection zones
- When to use hearing protectors
- General requirements for personal protective equipment (PPE)
- Types of hearing protection
- Health surveillance

Aims of the training

By the end of this course, you will understand:

- The risks posed by excessive levels of noise and the effects excessive exposure can have on a person's hearing and their safety.
- The main duties on both employers and employees under the Control of Noise at Work Regulations 2005, as well as other key legal duties.
- How to carry out a noise risk assessment.
- How to estimate, or how a competent person can measure, noise levels at work.
- How to avoid, substitute, control and reduce exposure to excessive noise levels.
- When hearing protection should be worn, how to use it correctly, and how to care for it.
- When health surveillance will be needed and who may need it.