



Noise awareness Training programme



Course Aims

To give course members an appreciation of how noise can damage hearing and what the employer has to do to comply with the Noise at Work Regulations 2005.

Course Objectives

By the end of this training programme, delegates will be able to;

- 1) Explain how noise can damage hearing.
- 2) State the exposure limit values and the upper and lower exposure action values.
- 3) Outline the duty of the employer under the Noise at Work Regulations 2005.
- 4) Estimate daily noise exposures using the HSE's exposure point ready-reckoner.
- 4) Explain the types of personal hearing protectors and their correct use.
- 5) Give examples of simple noise control measures.

Who will benefit from this training course?

This will enable information, instruction and training to be given to any employee exposed to risk from noise.

Course Outline

The fundamentals of noise

How noise affects hearing

Overview of the Noise at Work Regulations 2005

How noise is measured

Exposure limit values

Upper and lower exposure action values

Adding decibels

Estimating daily exposure level

Types of hearing protectors

Examples of noise control solutions

Health surveillance

Training Methods

Lectures, discussions and practical exercises.

Delegate numbers

Up to a maximum of 10 delegates

Programme length - 3 hours

For more information

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Trainer and safety consultant, has been involved in training for over 30 years, leaving the Governments' Skills Training Agency as a higher instructional officer in 1992 to set up his own Training and Safety Services.

He is a safety advisor to a number of small/medium size businesses in the Norwich and Norfolk area and assists them in the completion of safety policies, general risk assessments, noise risk assessment and hearing tests. He also provides specially designed tool-box training sessions for his clients so that his training is always relevant to the client needs.

Training sessions include:

Accident investigation, Asbestos awareness, Compressed air safety, Control of substances hazardous to health, Display screen equipment, Electrical safety, Fire warden training, Hand arm vibration, Human behavioural safety, Human Kinetics, Manual handling, Noise awareness, Permit to work, Provision and use of work equipment, Risk assessment, Safety leadership, Safety Policy, Safe use of lifting equipment, Working at height, Workplace safety, Work related upper limb disorders.

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