

NOISE EXPOSURE AWARENESS TRAINING

Perintis OSH Sdn Bhd



1-day



HRDC
Claimable



In-House



Introduction:

This course provides participants with fundamental knowledge on workplace noise hazards, hearing conservation, and practical control measures to prevent Noise-Induced Hearing Loss (NIHL). Participants will gain awareness of noise exposure risks, legal requirements, safe work practices, and the importance of protecting hearing health in the workplace.

Training Methodology:

Interactive lectures, hands-on AI exercises, group discussions, practical applications, quizzes, and group presentations

Objectives:

- Understand workplace noise hazards and their effects on hearing
- Learn legal requirements related to occupational noise exposure
- Identify common sources of workplace noise and exposure risks
- Understand hearing conservation programs and control measures
- Promote safe work practices and proper use of hearing protection devices (HPD)

Benefits:

- Increase awareness of workplace noise hazards
- Improve understanding of hearing protection and conservation
- Support compliance with occupational noise regulations
- Reduce risk of hearing-related health issues
- Enhance workplace safety and employee awareness



Course Outline

Introduction to Workplace Noise

- Understanding workplace noise, common noise sources, and basic concepts of sound exposure, measurement, duration, and intensity

Legal Requirements & Responsibilities

- Overview of Occupational Safety and Health (Noise Exposure) Regulations 2019, including employer and employee responsibilities, compliance requirements, and workplace monitoring

Effects of Noise Exposure

- Understanding Noise-Induced Hearing Loss (NIHL), temporary and permanent hearing damage, and the effects of excessive noise on communication, concentration, safety, and health

Noise hazard Identification

- Identifying noisy work activities, high-risk exposure situations, exposure limits, workplace risk factors, and the importance of noise monitoring

Noise Control Measures

- Introduction to hierarchy of noise control including engineering controls, administrative controls, safe work practices, maintenance, and workplace housekeeping

Hearing Protection Devices (HPD)

- Types of hearing protection devices, proper selection and fitting, correct usage and maintenance, and limitations of hearing protection equipment

Hearing Conservation Program

- Introduction to hearing conservation programs, audiometric testing awareness, employee training initiatives, and reporting and follow-up procedures

Practical Application & Discussion

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