

# Noise at Work

## Introduction

An introductory course dealing with the legal requirements relating to noise at work. Designed for those identified as having a responsibility for workplace risk assessment, the course will provide a basic understanding of the principles and pitfalls in the assessment and control of noise.

## Benefits

- **Gained** an understanding of the legal requirements relating to noise in the workplace
- **Gained** an understanding of how to carry out a noise survey
- **Reviewed** methods of noise control
- **Reviewed** types of PPE and when this should be used

**Duration:** 1 Day Course

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## Course Content

General Legal Requirements  
 The Health & Safety at Work Act 1974  
 The Management of Health & Safety at Work Regulations 1999  
 The Noise at Work Regulations 2005  
 The provision and Use of Work Equipment Regulations 1998  
 Approved Codes of Practice – L108  
 Requirements for Noise Assessment

### The Nature of Noise

Sound propagation  
 Sound pressure  
 Scales and weighting

### Equipment for the Measurement of Noise

Integrating  
 Noisemeters  
 Calibration

### The Noise Survey

Difficulties  
 Techniques and their limitations  
 Peak sound levels  
 Recording the results

### Noise Control

General principles  
 Common errors

### Hearing protection

Types of equipment  
 Calculating the effectiveness  
 Ear protection zones

### Personal Development Action Plan

