

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 1992
The Noise at Work Regulations 1989
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

