

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Noise Awareness Online Training

£15.00 + VAT

Health and Safety Training
Noise Awareness


How the ear works


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Damage to the cochlea typically causes permanent hearing loss. If the sound causing the damage has a limited frequency range the damage may be limited to the hair cells that pick up those frequencies.

This is often the case with loss of hearing caused by equipment noise.

▶ Click NEXT to move on.

 Loud music can cause hearing loss over a wide range of frequencies. Think about what will happen if your hearing is damaged and, as a consequence, you increase the volume of the music?



Navigation icons: back, forward, search, volume, play/pause, stop, refresh, left, right.

Health and Safety Training
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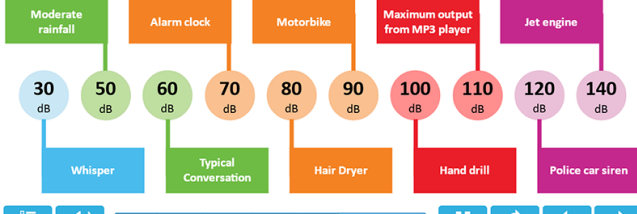
How loud is too loud?

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Sounds that humans are comfortable hearing are under 70 dB. For instance on average a normal conversation ranges between 60 and 70 dB. Any sound over 80 dB is considered hazardous to hearing and will require corrective action in the workplace.

The diagram below gives a general indication of how loud some common sounds are when you are close to the source.

▶ Click NEXT to move on.



Sound Source	Approximate Sound Level (dB)
Moderate rainfall	30
Whisper	30
Typical Conversation	60
Alarm clock	70
Motorbike	80
Hair Dryer	80
Maximum output from MP3 player	100
Hand drill	110
Jet engine	120
Police car siren	140

Navigation icons: back, forward, search, volume, play/pause, stop, refresh, left, right.

- ✓ Assured by RoSPA Qualifications
- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Downloadable certificate on completion
- ✓ 100% online training
- ✓ No time limits



Our online Noise Awareness training will make you aware of the hazards posed by high levels of noise in the workplace and identifies the measures that can be taken to help you to avoid hearing damage.

Employers are required by law to take reasonable steps to safeguard the health and safety of all employees. This includes raising awareness about the hazards related to noise, and outlining what can be done to minimise risk.

The approximate duration of this training is 1 hour.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress.

Our training licences **don't expire** and are only assigned to a learner when they launch the training. Substantial discounts are available for bulk purchases.

Learners are able to download their certificate on successful completion of the online assessment.

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Noise Awareness Online Training

The Noise Awareness training course contains the following 5 topics:

1. NOISE IN THE WORKPLACE

- The number of people suffering from noise-induced hearing loss.
- How serious noise-induced hearing loss is.
- The potential short term and long term effects on hearing of exposure to loud noise.
- How excessive levels of noise can lead to psychological stress and how this can impact life at work and at home.
- Some early signs of noise-induced hearing loss.

2. EMPLOYER AND EMPLOYEE RESPONSIBILITIES

- Legislation that aims to protect people from harmful levels of noise in the workplace.
- Employer and employee responsibilities with regard to hearing protection.
- When your employer should conduct a risk assessment and what that risk assessment will cover.
- How an employer can estimate the levels of noise that employees are exposed to.

3. HOW THE EAR WORKS

- The structure of the ear.
- How the ear processes sound.
- How loud sounds can cause permanent damage to your ear.

4. HOW LOUD IS TOO LOUD?

- How sound is measured.
- What sounds are typically comfortable to hear.
- What lower and upper exposure action values are and what effects they have on your safety at work.
- When hearing protection and health surveillance must be provided.

5. CONTROLLING NOISE LEVELS IN THE WORKPLACE

- What is meant by a hierarchy of noise controls and how it contributes to drawing up a prioritised noise-control action plan.
- Engineering controls and how they can help reduce noise levels.
- When hearing protection PPE should and should not be used.

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