

Part 1 - Overview of Sound, Noise & Human Ear

Terminology ★ Do you have a noise problem? ★ Learner Activity ★ Overview of Sound ★ Sound Pressure ★ Overview of Equivalent Continuous Sound ★ Equivalent Continuous Sound ★ 4 Types of Sound ★ Overview of Noise ★ Overview of the ear

Part 2 - Legal Requirements

Terms, Definitions and References ★ Occupational Health & Safety Act (85 of 1993) as amended ★ Noise-Induced Hearing Loss Regulations ★ Environmental Regulations 7 Replaced ★ Reg. 1 Definitions ★ Reg. 3. Exposure to Noise ★ Noise-Rating Limit 85 DBA ★

Part 3 - Employer to Inform, Instruct & Train

Reg. 4. Information and Training ★ Reg. 5. Duties of Persons who may be exposed to Noise ★

Part 4 - Noise-Induced Hearing Loss - An Occupational Disease

Compensation of Occupational Diseases Act ★ Continuous Exposure to Noise can affect your Health, Safety & Productivity ★ Noise-Induced Hearing Loss (NIHL) ★ Deafness as a Result of Toxins - Non-Auditory Effects ★ Learner Activity ★ Other Non-Auditory Effects of NIHL ★

Part 5 - Workplace Hazard Identification

Sources of Noise ★ Hazard Identification and Risk Assessment ★ You don't have to be an expert to identify a noise problem ★ Barriers to implementing Noise

Control ★ Reg. 6. Assessment of Noise Exposure ★ Workplace Audits - Noise can be measured ★ Reg. 7. Noise Monitoring ★ Measuring Sound ★ Sound Level Meter ★ Noise Dosimeter ★

Part 6 - Personal Medical Surveillance

Reg. 8. Medical Surveillance ★ Audiometry - Testing for Hearing Loss ★ Baseline / Periodic Audiogram ★ Frequency of Audiometric Testing ★ Records of Audiogram ★ New Employees ★ Hearing Deterioration ★

Part 7 - Protective Control Measures

Noise Zones ★ Reg. 9. Noise Zone ★ Protective Measures ★ Reg. 10. Control of Noise Exposure ★ Learner Activity ★ Additional Measures to Control of Noise ★ Reg. 11. Keeping Records ★ Reg. 13. Maintenance of Control Measures ★

Part 8 - Hearing Protective Equipment [HPE]

Personal Protective Equipment [PPE] ★ Reg. 12. Hearing Protective Equipment [HPE] ★ Selecting Hearing Protectors ★ Common Types of HPE ★ HPE Advantages and Disadvantages ★ Use, Storage and Hygiene of PPE ★ Fitting a Foam Ear-Plug ★ Disease and Infection Control



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