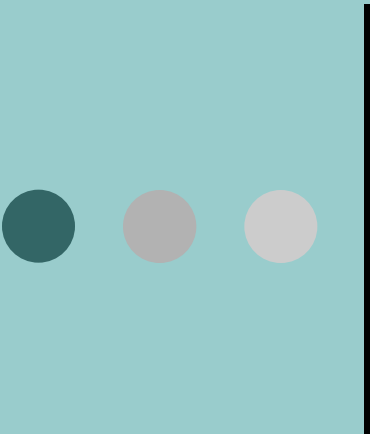




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Occupational Health and
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Control of Noise at Work

Will Hudson

March 2018

September 2017

Noise at Work Policy and Guidance

Occupational Health & Safety Service
HSD084P

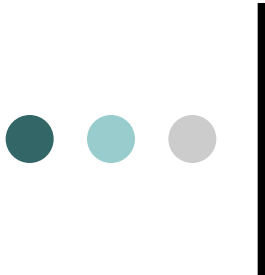
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Risk Assessment



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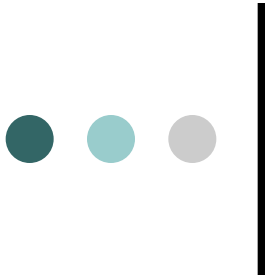
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Some figures

- 2 million people in the UK exposed to noise levels that may be harmful
- 1.1 million people relying on PPE to prevent harm
- 500,000 people in the UK with hearing loss due to noise at work
- Over 200 staff across the University in a range of jobs are potentially at risk from hearing loss





Which jobs are potentially putting people at risk in the University

- Gardeners
- Sports ground staff
- Some maintenance staff
- Some technicians and researchers such as those working with jet engines and breaking up concrete structures
- Some bar staff
- Some musicians



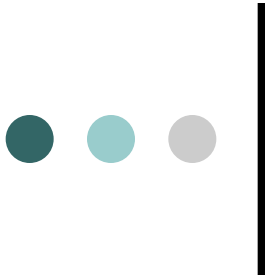
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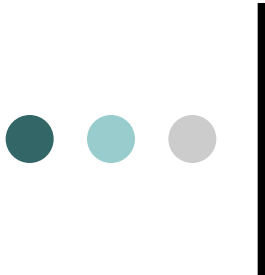
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Effects of Noise Exposure

- Hearing loss
- Tinnitus
- Other hearing problems such as the localisation of sounds
- Safety Risks such unable to hear audible alarms and essential communications
- Unable to enjoy your favourite music and company of family and friends
- Increased isolation

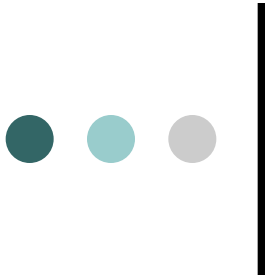




Control of Noise at Work Regulations

- Set exposure levels and a practical framework
- Assess the risks
- Noise assessment as required
- Take action to reduce the noise exposure – time, distance, acoustic controls, replace older equipment
- Provide hearing protection
- Make sure that the limits are not exceeded
- Provide information, instruction and training
- Carry out Health Surveillance for those at risk

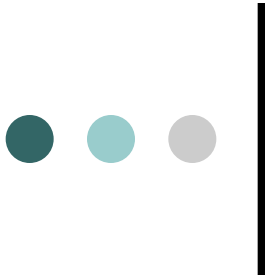




Risk Assessment 1

- Can be very simple
- Do we have tools/machines/processes known to be noisy?
- Are the exposure/action levels likely to be exceeded?
- Are good practice control measures in place?
- Any novel activities?

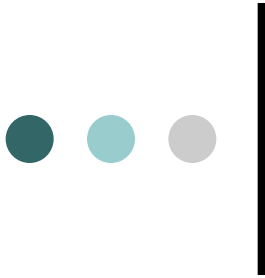




Risk Assessment 2

- Identify what needs to be done
- Noise survey – actual monitoring and measuring of the noise levels with a qualified Noise Assessor ... contact Safety Office
- Lots of information on the HSE website www.hse.gov.uk as well as guidance documents tools for estimating exposure, the Exposure Calculator





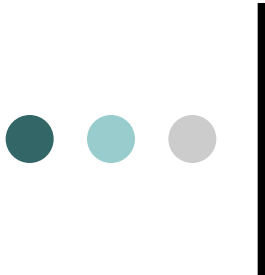
Free HSE Guidance

- Noise at Work – Guidance for Employers
- Protect your hearing or lose it - Guidance for staff
- Controlling Noise at Work – Guidance and technical advice for employer, advisors and competent staff



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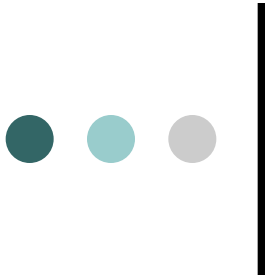
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Summary of what you need to do to control noise at work 1

- If you have to raise your voice because of the noise levels when speaking with a colleague 2 metres away ... most likely you have a noise problem
- Assess the risks to develop an action plan
- Investigate and implement good practice with a programme of control measures ... limit the length of time of exposure, effective acoustic controls, rotate the staff doing the noisy jobs etc
- Prioritise higher risk areas





Summary of what you need to do to control noise at work 2

- Use appropriate hearing protection ... once only use disposable ear plugs and personal ear defenders (do not share!). Keep them clean!
- Health surveillance to detect hearing loss and give feedback on the control measures
- Make sure that all equipment used is well maintained and users carry out a visual inspection before use ... because if something looks wrong it probably is





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