

Don't put your ears in danger.



Noise
Tool Box Talk

anger!

Noise can seriously affect your hearing.



Noise

Purpose

The purpose of this tool box talk is to provide you with:

1. Information on the Noise @ Work Regulations
2. Information on the hazards
3. Controls and Precautions which should be taken



Noise

Regulations

The regulations for Noise were updated in 2006 and have set 3 levels at which employers must take action to protect their staff. Employers must carry out risk assessments, carried out by a competent person where the first action level is exceeded.

First Action Level

80db(A) daily personal exposure

Second Action Level

85db(A) daily personal exposure

Peak Action Level

140 pascals maximum sound pressure



Noise

Regulations (cont)

- Noise reduction measures should be implemented by a competent person, should the noise level exceed the first action level.
- Worker are provided with appropriate training and information
- Appropriate PPE is provided for the work force where evidence of a risk to noise is found



Hazards

There are many things on sites which may be harmful to hearing e.g.

- Circular saws
- Generators
- Breakers
- Excavators
- Compressors

And many more!



Noise

Please note:

You may not be the one using the equipment yourself but you can still be affected

Ensure you look out for any **NOISE hazard** signs on site
Make sure that you follow any ear protection zone instructions.

and remember:

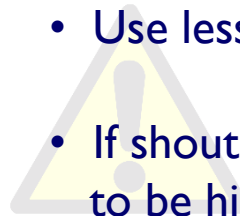
It is not just only on site that you have to remember to protect your hearing but after work also i.e. Noisy clubs hi-fis, etc.



Noise

Controlling Noise

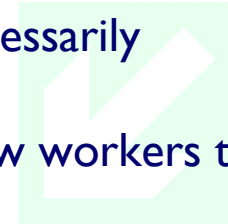
- Use less noisy processes if possible
- If shouting in order to be heard the noise level is likely to be high and ear defenders should be worn
- Keep covers on equipment when in use if they are designed with the protection
- Ensure any mufflers are correctly fitted on breakers





Noise

Controlling Noise



- Don't keep machinery running unnecessarily
- Ensure you do not expose your fellow workers to your noise
- Move the noise source away from the work area or move the work area away from the noise
- It may be possible to shield noisy processes i.e. behind a wall or using sound absorbing material



Noise

Ear Protection

- Never use cotton wool for ear protection, as it is not effective
- Always ensure that ear plugs are a good fit and correctly inserted
- When using disposable ear plugs ensure they are discarded after use
- Clean your hands before touching all types of ear plugs





Noise

Ear Protection

- Ear defenders should fit the head all round the seal
- Ensure that ear defenders are worn the correct way round
- Ensure that the seals are always in a serviceable condition
- Do not alter pressure of ear defenders by bending head band
- Should you encounter any issue with wearing ear defenders, report this to your manager