

Management of Noise and Vibration in the Workplace

1 Day Course



This course is designed for all people who have a responsibility for management of work that causes noise and vibration and procurement of tools and equipment that contribute to noise and vibration in the workplace.

Session 1 Introduction and Setting Course Objectives

Session 2 Overview of the Regulations

General overview in the development of the Control of Noise at Work Regulations 2005 (CNWR05) from previous noise control legislation and the new Control of Vibration at Work Regulations 2005 (CVWR05) and the transitional periods.

Session 3 Exposure Limits and Action Values

Examination of the lower and upper exposure action values (EAV's) and the exposure limit values (ELV's) for noise and vibration control including hand-arm and whole-body vibration. Examples of exposure values from equipment used in industry.

Session 4 Assessment of Risk

Employers' duties to carry out risk assessments. Considerations to be included in the assessment. Recording of outcomes with regards to noise and vibration and review requirements. Consultation with the workforce.

Practical Exercise: Conducting basic noise and vibration risk assessments.

Session 5 Elimination and Control

Understanding the hierarchy of controls for elimination or control of risks from noise and vibration. Including engineering controls, design of work places, maintenance, procurement strategies and work schedules.

Practical Exercise: Identifying practical controls to combat noise and vibration risks.

Session 6 Health Surveillance

Deciding when, and why, the employer is required to carry out health surveillance with regards to noise and vibration, record keeping, possible actions required from the results.

Session 7 Information, Instruction and Training

Level and degree of information, instruction and training that is required to be provided by the employer to protect the workforce and others who may be affected by noise or vibration.

Session 8 Hearing Protection

Specific provisions under CNWR05 for use of hearing protection, designated hearing zones, demarcation and restrictions.

Session 9 Maintenance and Use of Noise Control Equipment

Employers' and employees' duties for maintenance, repair, use and replacement of equipment for control of noise in the workplace.

Practical Exercise: Risk assessment and control exercise for noise and vibration operations.

Session 10 Examination

Multi-choice, closed book validation test (10 questions).

Session 11 Course Review and Conclusion**Objectives**

Upon completion of the course, delegates should be able to:

- appreciate the risks associated with exposure to noise and vibration;
- understand exposure action values and exposure limit values for noise and vibration;
- carry out basic noise and vibration risk assessments; and
- understand and apply a variety of techniques for the reduction of noise and vibration in the workplace.

Maximum number of delegates: 16