



BEESWIFT®
FOCUSED ON SAFETY

Product Code

CM1311

Available in Sizes

ONE SIZE

Available in Colours



White
CM1311

DATASHEET

NOISE AT WORK POSTER



- User friendly text and clear instructions show employees how to prevent accidents and injury whilst maintaining a healthy working environment
- Durable laminated construction with full colour illustrations
- Compiled by qualified health and safety practitioners
- Size 59 x 42cm (A2 Paper size)


Noise at Work

Over 1 million people in the UK work in noise levels which could put their hearing at risk.

1. The Law

In April 2005 "The Control of Noise at Work Regulations 2005" came into force, replacing the "Noise at Work Regulations 1988".

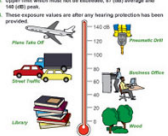
- Employers must ensure that their employees hearing is protected from excessive noise in their work place.
- 175,000 people in the UK suffer hearing loss due to noise at work.
- Exposure to noise at work must be reduced to as low as is reasonably practicable.
- Employees who are exposed to noise at work must be provided with hearing protection.
- Employees who are exposed to noise at work must be provided with information and training.
- Employees who are exposed to noise at work must be provided with a copy of this poster.



2. Noise Levels

The 2005 regulations require employers to take specific actions according to certain noise values.


- These noise values are averaged over a working day or week or for the maximum noise peak sound pressure to which employees are exposed in any given working day.
- These values are as follows:
- Lower average exposure level 80 decibels (dB), peak sound pressure 137 dB.
- Upper average exposure level 85 dB, peak sound pressure 140 dB.
- Upper limit, which must not be exceeded, 91 dB (average) and 145 dB (peak).
- These exposure values only after any hearing protection has been provided.



3. Health Effects

Exposure to noise at work can cause temporary or permanent hearing loss.

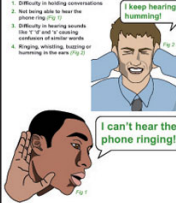
- Permanent hearing loss usually occurs gradually due to prolonged exposure to noise.
- It can also be caused suddenly from a sudden, extremely loud noise.
- Temporary hearing loss can occur meaning that it may take some time or days for hearing to return to normal.
- Exposure to noise can also cause permanent tinnitus which causes ringing, whistling, buzzing or humming in the ears.



4. Symptoms

Symptoms and early signs of hearing loss include:

- Difficulty in hearing conversations.
- Not being able to hear the phone (Fig 1).
- Difficulty in hearing sounds (Fig 2) and a feeling of fullness in the ears.
- Ringing, whistling, buzzing or humming in the ears (Fig 3).




5. Assessing the Risks

The purpose of carrying out the noise risk assessment is to determine what actions, if any, need to be taken to ensure the health & safety of all employees exposed to noise.

Generally a risk assessment should include:

- Is there a risk from noise and who may be affected by it?
- What may need to be done to comply with legal requirements?
- Identify any employees who may be at particular risk and who may need health surveillance.
- Control noise exposure to your employees exposure times and rotate them to the exposure action and risk zones.

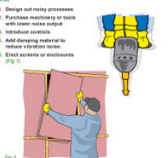


6. Elimination or Control

If possible change the working practice to eliminate the noise risk, where this is not possible then hearing protection should be provided and the length of time employees are exposed to the noise limited.

There are several ways to limit the noise levels at work:

- Design out noisy processes.
- Purchase machinery or tools with lower noise output.
- Isolate sources.
- Add damping material to reduce vibration noise.
- Sound screens or enclosures (Fig 1).




7. Hearing Protection

The most effective way to protect employee hearing is to reduce and control the noise generated at the source by maintaining, and by reducing the amount of time employees spend in noisy areas.

Hearing Protection can also be provided through:

- Earplugs, which completely cover the ear (Fig 1).
- Earbuds, which are inserted in the ear canal (Fig 2).
- Ear-muffs, which cover the entrance to the ear canal.



8. Health Surveillance

Where noise risk has been identified above the upper exposure action values, employers should have their hearing monitored in order to avoid long term deterioration. Long term hearing loss has an on to have an established health service who can provide the appropriate advice. Regular hearing tests are the first step in hearing loss prevention.

The surveillance will involve regular hearing tests, the hearing of natural sounds, and where hearing is shown to have deteriorated referral to a doctor.

The surveillance will quickly identify early signs of hearing damage and ensure workplace control measures are effective.

