

# The Principles of COSHH

## Description:

Exposure to elevated noise levels in the workplace can cause irreversible hearing damage. This is commonly known as Noise Induced Hearing Loss (NIHL) and includes tinnitus, headaches, communication problems and stress. The Control of Noise at Work Regulations 2005 state that employers must provide hearing protection at 85 decibels and risk assessment, information and training at 80 decibels. This course covers the basic requirements of control and monitoring, risk assessment and injury prevention.

## Objectives:

On completion of the course, delegates will be able to identify and address

Legal requirements and duties of

- Employers
- Employees
- Manufacturers and suppliers
- The effects of noise on health
- What is noise at work
- Hierarchy of control measures
- Safety signs
- Personal Protective Equipment (PPE)
- Wearing your hearing protection correctly
- Sound levels
- Action levels
- How is sound measured?
- How the ear works
- Hearing loss
- Key messages

## Qualification:

On completion of the course, delegates will receive a certificate of competence.

## Typical Interest Groups:

Building contractors, renovators, fit out companies, road contractors, carpenters/joiners, manufacturing industry operatives and employers, machine operators, plant operators etc. Anyone working in a noisy environment.

## Suitability:

The course is aimed at anyone working in environments where noise levels are an issue or where there is prolonged exposure to noise. Employers who need to understand/be better informed in order to manage noise effectively will benefit..

## Course Size:

The maximum number of delegates per session is 12.

## Prerequisites:

Nil.

## Duration:

3 Hours

