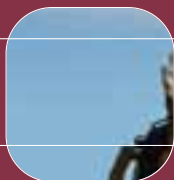
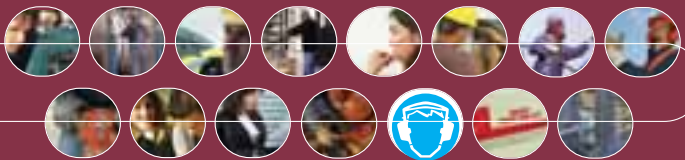


Safety Toolkit and Short Guide to General Application Regulations 2007
Noise Section



Noise

Introduction



Safety Toolkit

The objective of the Toolkit is to provide guidance on the prevention of accidents or ill health at work and to provide a practical tool towards a safer workplace. It covers requirements of the Safety, Health and Welfare at Work (General Application) Regulations, 2007 as amended and is aimed specifically at small and micro businesses. It is not intended as a legal interpretation of the legislation. Legal advice should be sought where required.

Checklists provided are non-exhaustive and in no particular order

How do I use the Toolkit?

The Toolkit is intended to assist you to monitor and improve standards of safety, health and welfare. It will assist you towards complying with the law.

1. Use the checklists to monitor how you're doing.
2. Make any required improvements.
3. If necessary, investigate further to find out what you need to do and set a timescale for achieving it.
4. Use the Action Date column to show when action taken.

Checklists provided are non-exhaustive and in no particular order.

At the end of each point in the check list reference is made to the corresponding part of the Regulations, for example (r51) indicates Regulation 51.

Where can I get further advice?

The Health and Safety Authority's website www.hsa.ie contains a large amount of additional information. Most of the information on the website can be accessed free-of-charge. The website has detailed guides on each section of these Regulations. Each guide contains advice on where to find further information.

The Health and Safety Authority's Workplace Contact Unit (WCU) is a helpdesk resource for employers, employees and the public. You can contact the WCU through

- ▲ Locall: 1890 289 389 (Monday to Friday, 9am to 5pm)
- ▲ Fax: 01 614 7125
- ▲ Email: wcu@hsa.ie
- ▲ Write to: Workplace Contact Unit, Health and Safety Authority, Metropolitan Building, James Joyce Street, Dublin 1



Noise

As a rule of thumb you may be at risk if:

- ▲ you have to shout to be clearly heard by someone 2 metres away
- ▲ your ears are still ringing after leaving the workplace
- ▲ the noise is intrusive – like a vacuum cleaner – for most of the day
- ▲ you work in a noisy industry, e.g. construction, canning or bottling etc
- ▲ there are noises due to impacts such as caused by hammering

What does this section deal with?

This section deals with the risks from exposure to noise at work.

When noise exposure exceeds the exposure action value (80 dB(A)), information, training and hearing protection must be provided.

If the upper exposure action value (85 dB(A)) is exceeded,

- ▲ establish and implement technical and/ or organisational measures to reduce exposure to noise
- ▲ restrict access
- ▲ provide warning signs and hearing protection
- ▲ hearing protection must be worn
- ▲ provide hearing checks

Does this section apply to all noise at work?

The exposure limit value does not apply to seagoing vessels until 15 February 2011.

Some Important Points

- ▲ Consider other methods of work which eliminate or reduce exposure
- ▲ Choose appropriate equipment, emitting the least possible noise
- ▲ Provide adequate information and training on equipment
- ▲ Consider noise reduction by technical means, such as shields, enclosures and sound absorbent coverings, or damping or isolation
- ▲ Organise work to reduce noise by limiting duration and intensity of exposure, and appropriate work schedules with rest periods



Noise Checklist

Interpretation

Applies to activities in which employees are or are likely to be at risk from noise during their work (*r121*)

For employees on board seagoing vessels, Regulation 128 (Application of exposure limit value) does not apply until 15th February 2011 (*r122*)

Exposure limit values and exposure action values are

- ▲ exposure limit values— LEX,8h = 87 dB(A) and $p_{\text{peak}} = 140\text{dB(C)}$ (*r123*)
- ▲ upper exposure action values— LEX,8h = 85 dB(A) and $p_{\text{peak}} = 137\text{dB(C)}$ (*r123*)
- ▲ lower exposure action values— LEX,8h = 80 dB(A) and $p_{\text{peak}} = 135\text{dB(C)}$ (*r123*)

Requirement

Yes

No

N/A

Action
Date

Where exposed to noise above a lower exposure action value, in consultation with employees or representatives, assess the risk (*r124*)

In risk assessing, measure noise if necessary (*r124*)

Ensure assessment is planned and carried out competently at suitable intervals (*r124*)

Give particular attention when risk assessing to—

▲ level, type and duration of exposure, including impulsive noise (*r124*)

▲ exposure limit values and exposure action values (*r124*)

▲ effects of exposure to noise on employees at particular risk (*r124*)

Requirement	Yes	No	N/A	Action Date
▲ effects from interactions between noise and ototoxic substances, and between noise and vibrations (<i>r124</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ indirect effects from interactions between noise and warning signals or other sounds to reduce the risk of accidents (<i>r124</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ information on noise provided by manufacturers of equipment (<i>r124</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ availability of alternative equipment designed to reduce noise (<i>r124</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ exposure beyond normal working hours under employer's responsibility (<i>r124</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ information from health surveillance including, published information (<i>r124</i>) and	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ availability of hearing protectors with adequate attenuation (<i>r124</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Record in safety statement				
▲ findings of risk assessment as soon as practicable (<i>r124</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ steps taken to comply with these Regulations (<i>r124</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
In compliance with general principles of prevention, and in consultation with employees or representatives, eliminate risk at source or reduce to a minimum (<i>r125</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
In reducing or eliminating risk, take into account—				
▲ other methods of work which eliminate or reduce exposure (<i>r125</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ choice of appropriate work equipment, emitting the least possible noise (<i>r125</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ design and layout of places and workstations (<i>r125</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Requirement	Yes	No	N/A	Action Date
▲ adequate information and training on equipment (r125)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ noise reduction by technical means, such as shields, enclosures and sound absorbent coverings, or damping or isolation (r125)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ maintenance programmes (r125)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ organisation of work to reduce noise by limiting duration and intensity of exposure, and appropriate work schedules with rest periods (r125)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
If risk assessment indicates upper exposure action value is exceeded, establish and implement technical and/ or organisational measures to reduce exposure to noise (r126)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
If risk assessment indicates workstations where likely noise above 85dB(A),				
▲ display mandatory warning signs to convey that noise levels likely to exceed upper exposure action value, and hearing protectors are available and must be worn (r127)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ protect workstations from unauthorised access by barriers or other suitable means (r127)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Ensure employees are not exposed to noise above exposure limit value, or (r128)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
If exposure above exposure limit value is detected				
▲ take immediate action to reduce exposure below exposure limit value (r128)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ identify reasons for limit being exceeded (r128) and	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ amend organisational and technical measures to prevent exposure limit value being exceeded again (r128)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Where risks cannot be prevented by other means, make available appropriate, properly fitting, individual hearing protectors (r129)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Requirement	Yes	No	N/A	Action Date
Where noise exposure exceeds lower exposure action values, make individual hearing protectors available (<i>r129</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Where employees are exposed to noise at or above the lower exposure action value, provide information and training on risks (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Ensure information and training includes				
▲ the nature of such risks (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ organisational and technical measures (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ exposure limit values and exposure action values (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ results of assessment and measurements of noise and an explanation of their significance and potential risks (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ correct use of hearing protectors (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ why and how to detect and report hearing damage (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ circumstances in which health surveillance is available and its purpose (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ safe working practices to minimise exposure (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Ensure consultation of employees and in particular consultation on risk assessment, noise elimination and reduction and selection of hearing protectors (<i>r130</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Ensure appropriate health surveillance is made available to employees for whom risk assessment reveals a risk (<i>r131</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Make available services of a registered medical practitioner for a hearing check for employees who exceed upper exposure action value (<i>r131</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Make available preventive audiometric testing to employees who exceed lower exposure action value (<i>r131</i>)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Requirement	Yes	No	N/A	Action Date
Where hearing damage has been identified, ensure a registered medical practitioner assesses whether such damage is likely to be the result of exposure to noise at work and, if so established				
▲ every relevant employee shall be informed by the registered medical practitioner of the result which relates to the employee personally (r131)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ review the risk assessment (r131)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
▲ review measures to eliminate or reduce risks (r131)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Take into account advice of the registered medical practitioner or other suitably qualified person, or the Authority, including the possibility of assigning the employee to alternative work where there is no risk of further exposure (r131)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Arrange systematic health surveillance and a review of the health status of any other employee exposed (r131)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

This is a guidance document and using the checklist should help you comply with the Regulations. The checklists are non-exhaustive and in no particular order. Further guidance can be found at www.hsa.ie