



## Noise and hearing protection

*This course is for workers exposed to high levels of noise, their supervising personnel and all OHS committee members.*

### Type of session

Information session.

### Objective

Give basic information about noise exposure and teach how to implement preventive measures adapted to company conditions.

### Content

- Definition of noise
- Effects of noise on general health
  - Noise can cause deafness
  - Noise affects more than hearing
- Noise exposure standards
- Measuring noise levels
- Reduction of noise
- Hearing protection
  - Types of protection
  - Proper adjustment of equipment
  - Protective value

### Duration

Two hours.

### Number of participants

20 people maximum.