

NOISE CONTROL



**Simple facts
about
noise control in
workplaces**

THE EFFECTS OF NOISE IN YOUR WORKPLACE

If you work in a noisy workplace you should know the effect of noise on your hearing. Prolonged exposure to excessive noise can cause **NOISE INDUCED DEAFNESS (NID)**. It may take a long time, even as long as 20 years to develop this type of hearing impairment, and thus sometimes the victim may not realise for a long time that something is happening to him.

HOW DO YOU KNOW THAT YOUR WORKPLACE IS NOISY

Be on the alert for the following clues:

1. Having to talk louder in order to converse face to face in noise. This is the best rule-of-thumb that noise is hazardously loud.
2. Hearing any ringing or buzzing in your ears after exposure to noise.
3. Experiencing diminished hearing sensitivity following noise exposure

MEASURING NOISE AND HARMFUL LEVELS

Noise level can be measured by a simple instrument known as *sound level meter*. The unit by which noise level is expressed is known as *decibel*. Anyone engaged in a workplace for 8 hours or more where noise level exceeds 85 decibels need to be protected from developing **NOISE INDUCED DEAFNESS (NID)**.



STEPS YOU CAN TAKE TO PROTECT YOURSELF



You don't have to be a victim of **NOISE INDUCED DEAFNESS (NID)**. **NID** is preventable. Wear hearing protectors such as ear muffs or ear plugs. The workers and employer need to work together to solve noise problems. As an employer you should educate your worker on the prevention of noise problems. As an employee you should cooperate with your employer to make a successful noise control programme in your workplace.



COMMON NOISY WORKPLACES

YOUR ROLE AS AN EMPLOYER

Reduce the noise from noisy machines by:

- a. Keeping machine speeds down to the design limit
- b. Using vibration isolators or exhaust silencers where applicable
- c. Reducing or damping the vibrating surface
- d. Locating the noisy machines away from workers
- e. Enclosing the machines with acoustic materials
- f. Using sound absorbing material on ceilings and walls surrounding the machines to absorb noise
- g. Erecting barrier between the source and worker
- h. Identifying a noise restricted zone where no one will enter without protectors.



. Run health education programmes on a regular basis with regard to noise induced impairment and work safety for your employees.

. Provide your workers with a choice of different types and sizes of ear protectors and ensure that they wear them.

Ensure that your workers exposed to noise have an annual audiometric examination. All workers with abnormal results should be examined and advised by the occupational physician.

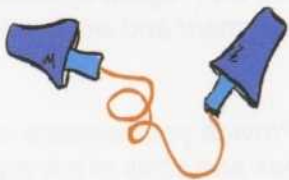
YOUR ROLE AS A WORKER

- . Know adequately about the use of the hearing protectors. Ensure that you use and maintain them regularly.
- . Have your hearing examination done annually. Remember your hearing is your Wealth. Noise Induced Deafness is preventable. It need not happen.

LEGISLATION:

Noise Induced Deafness is a notifiable Disease under *WORKMAN'S COMPENSATION ACT OF BRUNEI DARUSSALAM*

REDUCE NOISE LEVELS IN WORKPLACES TO PROTECT WORKERS FROM NOISE INDUCED DEAFNESS



Use ear muffs and ear plugs and insulate source of noise where possible

For further information, please contact:

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