

NOISETRAC Training Material Content

Describe sources of and control measures for noise in a work place

Part 1 - Overview of Sound, Noise & Human Ear

Terminology ★ Do you have a noise problem? ★
Learner Activity ★ Overview of Sound ★ Sound
Pressure ★ Overview of Equivalent Continuous Sound
★ Equivalent Continuous Sound ★ 4 Types of Sound ★
Overview of Noise ★ Overview of the ear

Part 2 - Legal Requirements

Terms, Definitions and References ★ Occupational
Health & Safety Act (85 of 1993) as amended ★ Noise-
Induced Hearing Loss Regulations ★ Environmental
Regulations 7 Replaced ★ Reg. 1 Definitions ★ Reg. 3.
Exposure to Noise ★ Noise-Rating Limit 85 DBA ★

Part 3 - Employer to Inform, Instruct & Train

Reg. 4. Information and Training ★ Reg. 5. Duties of
Persons who may be exposed to Noise ★

Part 4 - Noise-Induced Hearing Loss - An Occupational Disease

Compensation of Occupational Diseases Act ★
Continuous Exposure to Noise can affect your Health,
Safety & Productivity ★ Noise-Induced Hearing Loss
(NIHL) ★ Deafness as a Result of Toxins - Non-Auditory
Effects ★ Learner Activity ★ Other Non-Auditory Effects
of NIHL ★

Part 5 - Workplace Hazard Identification

Sources of Noise ★ Hazard Identification and Risk
Assessment ★ You don't have to be an expert to
identify a noise problem ★ Barriers to implementing
Noise Control ★ Reg. 6. Assessment of Noise Exposure
★ Workplace Audits - Noise can be measured ★ Reg. 7.
Noise Monitoring ★ Measuring Sound ★ Sound Level
Meter ★ Noise Dosimeter ★

Part 6 - Personal Medical Surveillance

Reg. 8. Medical Surveillance ★ Audiometry - Testing for
Hearing Loss ★ Baseline / Periodic Audiogram ★
Frequency of Audiometric Testing ★ Records of
Audiogram ★ New Employees ★ Hearing Deterioration
★

Part 7 - Protective Control Measures

Noise Zones ★ Reg. 9. Noise Zone ★ Protective
Measures ★ Reg. 10. Control of Noise Exposure ★
Learner Activity ★ Additional Measures to Control of
Noise ★ Reg. 11. Keeping Records ★ Reg. 13.
Maintenance of Control Measures ★

Part 8 - Hearing Protective Equipment [HPE]

Personal Protective Equipment [PPE] ★ Reg. 12.
Hearing Protective Equipment [HPE] ★ Selecting
Hearing Protectors ★ Common Types of HPE ★ HPE
Advantages and Disadvantages ★ Use, Storage and
Hygiene of PPE ★ Fitting a Foam Ear-Plug ★ Disease
and Infection Control



South African Institute of
Occupational Safety and Health
Verified - 2 CPD Points



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