
Course Syllabus:

A-SAF-031 Noise Exposure Control Plans



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Overview

Approximately 15 percent of Americans between the ages of 20 and 69 (or 26 million Americans) have hearing loss that may have been caused by exposure to noise at work or in leisure activities.

Noise Induced Hearing Loss (or NIHL) can be caused by a one-time exposure to an intense “impulse” sound, such as an explosion, or by continuous exposure to loud sounds over an extended period of time, such as noise generated in a woodworking shop.

Goals

This course will focus on the effects and signs of Noise Induced Hearing Loss and how to prevent NIHL in the workplace through engineering and safe work practice controls. This course will also help you to outline and develop a Hearing Conservation Program that conforms to OSHA’s Occupational Noise Exposure Standards outlined in 29 CFR §1910.95.

Lesson Topics

Module 1 – Introduction

- Course Objectives
- WBT Library
- Glossary
- Learning Assessment & Final Exam
- Additional Information

Module 2 – Effects of Noise Exposure

- Introduction
- Hearing Sounds
- Hearing
- Hearing Loss from Noise Exposure
- Short Term Exposure

Materials

Computer (PC, laptop)
Internet Connection: High Speed

Requirements

You should print and maintain a copy of this course syllabus and overview on file at your facility. It is recommended that you provide a copy of this document in the event of a regulatory agency (e.g., OSHA) inspection.

Evaluation

Upon completion of the course of instruction, a comprehensive examination will be offered. In order to earn a Certificate of Completion, you must receive at least 80% on the exam. The exam is comprised of at least 10 questions, randomly selected from a database of questions and address each of the lesson topics covered in the course.

Lesson Topics – cont'd

Module 2 – Effects of Noise Exposure- cont'd

- Long Term Exposure
- Tinnitus
- Symptoms of Overexposure
- Occupational Hearing Loss
- Types of Noise
- Permissible Exposure Limits
- Noise Audits
- Noise Monitoring
- Noise Mapping
- Summary

Module 3 – Hearing Protection

- Affected Employees
- Noise Control
- Administrative Controls
- Engineering Controls
- Personal Protective Equipment (PPE)
- Hearing Protection Devices
- Hearing Protection Use
- Company Responsibilities
- Employee Responsibilities
- Types of Hearing Protection Devices
- Ear Plugs
- Earmuffs
- Ear Caps
- Hearing Aids
- Selection, Fitting, Use & Care
- Inserting Ear Plugs
- HPD Care
- Summary

Module 4– Hearing Conservation Programs

- Purpose
- Hearing Conservation Program Elements
- Noise Monitoring
- Repeated Monitoring
- Audiometric Testing
- Baseline Audiometric Testing
- Audiometer Calibration
- Audiometric Test Requirements
- Annual Audiometric Testing
- Standard Threshold Shift (STS)
- Audiogram Evaluation
- Further Evaluations
- Revised Baseline
- Follow-up Procedure
- Hearing Protection Devices
- Hearing Protector Attenuation
- Training
- Training Program Elements
- Training Materials
- Recordkeeping
- Summary
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Conclusion

- Certification Test Code
- Final Exam Prep