Noise Risk Assessor (NRA)

Introduction:
In this training program, we will explore the impact of noise on hearing health and equip participants with the knowledge and strategies needed for effective hearing conservation in the workplace.

Objectives:
To educate participants on the hazards of excessive noise exposure, the importance of hearing conservation, and effective strategies to prevent noise-induced hearing loss.

Duration:
1 day (typically 9 hours, including breaks)

Methodology:
Discussion, Explanation, Demonstration, and Practical Exercise / Individual or Group Presentation

Target Group:
Employees working in environments where noise exposure is a concern, such as industrial settings, construction sites, and manufacturing facilities.

Maximum:
25 Participant Per Session

Medium:
The discussion/ presentation will be conducted in English and/ or Bahasa Malaysia. However, it can be in dual language option.

Time	Content
0830	**Registration** • Attendance / Scan QR and answer 10 questionnaire (Pre-test)
0845	**Instructor and Participants Introduction** • Icer breaking
0900	**Introduction to Noise and Hearing Conservation** • Overview of the impact of noise on hearing health • Explanation of noise-induced hearing loss (NIHL) • Introduction to regulations and standards regarding noise exposure in the workplace
1015	*Morning Tea Break*
1015	**Understanding Noise Exposure** • Factors influencing noise exposure levels • Measurement and assessment of noise levels • Identification of high-risk areas and activities in the workplace
1100	**Health Effects of Noise Exposure** • Detailed discussion on the physiological effects of noise on the auditory system • Overview of non-auditory health effects associated with noise exposure • Case studies and real-life examples to illustrate the impact of NIHL
1200	*Lunch Break*
1300	**Hearing Protection Devices (HPDs)** • Types of hearing protection devices available • Selection criteria for appropriate HPDs • Proper fitting and usage of HPDs
1400	**Engineering Controls for Noise Reduction** • Introduction to engineering controls for noise mitigation • Techniques for noise control at the source, along the path, and at the receiver • Case studies and examples of successful noise control measures
1500	*Tea Break*
1515	**Implementing a Hearing Conservation Program** • Components of an effective hearing conservation program • Responsibilities of employers and employees in preventing NIHL • Developing and implementing workplace policies and procedures
1545	**Practical Activities and Demonstrations** • Hands-on demonstration of noise measurement equipment • Proper fitting and usage of hearing protection devices • Simulation exercises to identify and address noise hazards in the workplace
1630	**Review and Assessment** • Recap of key concepts covered throughout the training • Q&A session to address any remaining questions or concerns • Evaluation of participants' understanding through quizzes or interactive activities
1700	End of program