

HOW IS NOISE CONTROLLED?

Fortunately, however, noise can be controlled by: -

- a. Using quieter work processes.
- b. Altering or enclosing machines to reduce noise at the source.
- c. The use of sound absorbent materials to prevent the spread of noise and
- d. Protecting the worker by providing hearing protection, such as, earplugs or earmuffs.



Noise can be controlled at its “Source” along its “Path” and at the “Receiver”. The best way to prevent

noise and the risk of persons suffering from hearing loss, is to consider it during the design stage. The best way to control noise is to prevent its generation at the source.

While control at the source should be considered first, noise reduction on existing machinery can still be achieved by the use of palliative treatment such as soundproof enclosures. The use of hearing protection must always be last resort.

Remember, the ability to hear is one of our most precious gifts, so take good care of it.

“Stop Noise Now, and Protect Your Hearing”

Prepared by:

Occupational Safety and Health Department.

Ministry of Labour

82 Brickdam

Georgetown.

TEL. #: 225-7302, 225-7008, 226-68739, 333-3327,
771-5162, 264-2179



**IN THE WORKPLACE
CAN DESTROY YOUR
HEARING**

WHAT IS NOISE?

NOISE is defined as an “Unwanted Sound” or a loud sound. It means therefore, that it is an excessive or harmful sound, which can do permanent damage to human ear. It can create physical and physiological stress and contribute to accidents, by distracting one’s attention from work thus, causing damage to valuable equipment and machinery. It makes communication difficult and maybe a factor of absenteeism and reduction of job performance.

WHAT ARE THE EFFECTS OF NOISE?

The damage done by noise depends mainly on how loud it is and on the length of exposure. The frequency of pitch can also have effect, since high-pitched sounds are more damaging than low-pitched ones.

Noise can cause temporary hearing loss. After a period of time off, the hearing may be restored and remain so, providing the worker does not return to work in the same environment.

Continuous exposure to loud noise and in some cases brief exposures to very loud noise can result in permanent hearing loss, which can never be replaced. Noise exposure is a health problem. Workers exposed to noise may complain of nervousness, sleeplessness and fatigue.



In certain circumstances the health effects of noise may cause a decreased resistance in the skin, reduction of gastric activity and impaired circulation in the extremities.

NOISE MEASUREMENT

Noise can be measured by a range of instruments. The chief instrument is the electronic sound level meter. It measures and identifies the source of the noise by measuring both sound pressure (in Decibels) and its frequency in Hertz.

