



Noise

Volume 2 Issue 4

Newsletter Date: April 2010

ABC Health and Safety Ltd are now Registered to run the following courses. Spaces are limited so please contact us as soon as possible:

- **IOSH Managing Safely**

Next course:

16/17th Sept 2010

Continued 23/24th Sept

- **IOSH Working Safely**

Next course

TBC

- **IOSH Managing Environmental Responsibilities**

Next course

17/18 June 2010 continued 24/25 June 2010

- **NVQ Level 3 and 4 in Occupational Health and Safety**

If you would like any more information about any of the above courses please contact us: info@abchsltd.co.uk

Noise is part of everyday life, but loud noise can permanently damage your hearing. Young or old, once you lose your hearing you can never get it back.

Am I at risk?

Do you have to raise your voice when about 2 m apart for at least part of the day?

Do you use noisy powered tools or machinery for over half an hour a day?

Do you work in a noisy industry, eg construction, demolition or road repair; woodworking; plastics processing; engineering; textile manufacture; general fabrication; forging, pressing? Are there noises because of impacts (eg hammering, drop forging, pneumatic impact tools etc)?

Do you have muffled hearing at the end of the day, even if it is better by the next morning?

If you answered yes to any of the questions above, you could be at risk?

How do I protect myself?

Co-operate. Help your employer to do what is needed to protect your hearing. Make sure you use properly any noise control devices (eg noise enclosures), and follow any working methods that are put in place. Also attend hearing checks. This means you need to take some responsibility for your hearing.

Wear any hearing protection you are given. Wear it properly (you should be trained how to do this), and make sure you wear it all the time when you are doing noisy work, and when you are in hearing protection areas. Taking it off even for a short while means that your hearing could still be damaged. Remember that there is no cure for deafness.

Look after your hearing protection. Your employer should tell you how to look after it and where you can get it from. Make sure you understand what you need to do.

Report any problems with your hearing protection or noise control devices straight away. Let your employer or safety representative know. If you have any ear trouble, let your employer know.

HSE Myth of the Month - HSE still bans this, that and the other!

The reality

We've said it all before, but there are still too many reports that **HSE and health and safety law are responsible for all sorts of bans – cheese-rolling events, knitting in hospitals and even tooth-picks!**

In reality HSE has banned very little outright, apart from a few high-risk exceptions like asbestos, which kills around 4000 people a year. Too often health and safety is used as a convenient excuse, but it's time to challenge this and remind people to focus on the real risks – those that are still causing people to be killed, injured or made ill at work



For other course dates for the rest of the year, please contact ABC on 01304 206228 or email on info@abchsltd.co.uk