

Controlling Noise at Work Checklist

It is highly unlikely that noise at a cricket ground is going to be loud enough to cause harm, unless you are using machinery or power tools.

This checklist is intended to help you identify if noise is potentially a hazard that needs to be controlled.

Ask yourself:	Y	N
Do you need to raise your voice to be heard by a person less than 2m away?		
Does your machinery have a label indicating noise levels of 80dB or higher?		
Are you exposed to sudden loud noises such as hammer strikes?		
Are your colleagues exposed and likely to be adversely affected by the noise you are creating?		
Are any of your colleagues complaining of any hearing problems?		

If you have answered YES to any of the above, you will need to take action:

1. Measure or assess the noise level:
 - a. first identify the source of the noise
 - b. measure or assess the noise level.
 - i. do you need to raise your voice to be heard?
 - ii. identifying the noise levels from the data plate or operator's handbook
 - iii. measuring using an App downloaded to your phone (Note: these apps are to be used as a general indication only)
 - iv. employ a professional to assess the noise levels on your behalf.

The method used will depend on the complexity of your workplace, try to keep it as simple as possible.

Having identified you have an unacceptable level of noise; you must now do your best to reduce the level of exposure to an acceptable level. The following hierarchy can help:

Note: if you answer No to any of the questions move onto the next question. If you answer YES , then put controls in place and re-assess the level of exposure. If it remains too high, continue down the checklist. Can You?	Y	N
Remove the source of noise e.g., replace a diesel-powered machine with a battery powered one?		
Separate the person from the noise – put noisy equipment in an acoustic room/chamber?		
Soundproof noisy parts of a machine, keep engine covers/compartments closed?		
Use screens or barriers in the workplace to deflect noise?		
Control the amount of time workers are exposed to noise?		
Design the workplace to separate noisy equipment and designate noise protection areas and enforce wearing ear protection?		

If you have not succeeded to reduce the noise level/exposure to an acceptable level, you must now provide protective equipment.

When selecting and providing hearing protection (PPE) have you:	Y	N
Selected PPE with a suitable protection value, for more information Click here		
Ensured it is comfortable to wear.		
Ensured it is compatible with other PPE i.e., hard hats, eyewear etc.		
Ensured the PPE does not create extra hazards.		

Having decided hearing protection is required, have you provided the following information, instruction, and training?	Y	N
How to wear PPE correctly.		
When to wear PPE and why.		
How to inspect PPE for damage and how to report damaged PPE.		
How to clean and maintain PPE correctly.		

Remember, if noise levels are:

- At or above 80dB, you must provide those at risk with information about the potential harm, make PPE available on request and make adjustment to reduce the noise level if possible.
- At or above 85dB, you must take action to reduce the noise to and acceptable level or if not reasonably practicable, provide suitable hearing protection.