

NOISE AND HEARING CONSERVATION TRAINING AT WORKPLACE



19 June 2025

9.00 a.m - 5.00 p.m



ONLINE (GOOGLE MEET)



TRAINER
MS CHEAH MUN WEI

OVERVIEW:

This Noise and Hearing Conservation Training at the Workplace is designed to provide participants with the knowledge and skills needed to manage workplace noise exposure. The program introduces the regulatory framework, the health risks associated with noise-induced hearing loss (NIHL), and practical strategies for noise management. Participants will also learn about the proper use of personal hearing protection, the basics of audiometric testing, and the key components of a hearing conservation program. Through interactive sessions, case studies, and practical demonstrations, participants will gain the fundamental tools and knowledge required to start managing noise risks and promoting hearing health in the workplace.

OBJECTIVES:

- ✓ Understand the Occupational Safety and Health (Noise Exposure) Regulations 2019 and its relevance in workplace noise management.
- ✓ Recognize the adverse effects of noise on hearing and the importance of preventing Noise-Induced Hearing Loss (NIHL).
- ✓ Explain the purpose and benefits of a Hearing Conservation Program (HCP) in protecting employees' hearing health.
- ✓ Describe the purpose, types, advantages, and disadvantages of Personal Hearing Protection (PHP), including guidance on the selection, fitting, use, and care of PHP.
- ✓ Understand the purpose and procedures of audiometric testing and interpret test results to identify necessary preventive measures.



WHO SHOULD JOIN?

1. Safety officers
2. Supervisors
3. HR and Compliance Teams
4. Employees exposed to excessive noise levels above 82 dba, as recorded in the noise risk assessment report



COURSE FEE:

- ✓ ENSEARCH Member = RM 230.00
- ✓ Non Member = RM 280.00
- ✓ Individual Membership + Training = RM 380.00
- ✓ HRDC Claimable + Member = RM 250.00
- ✓ HRDC Claimable + Non Member = RM 300.00
- ✓ HRDC Claimable + Individual Membership = RM 430.00



SCAN ME 

TRAINER INFORMATION - MS CHEAH MUN WEI



MS CHEAH MUN WEI is an accomplished environmental professional with over 13 years of experience in Environmental Industrial Hygiene (EIH). Her expertise spans Air Quality Monitoring (Ambient Air and Stack), Boundary Noise Monitoring, and Marine & Coastal Ecology. With a strong focus on sustainability and regulatory compliance. She is a trusted authority in environmental management.

As a certified DOE Subject Consultant, DOSH-registered Noise Risk Assessor, and HRDF Accredited Trainer, Chloe provides comprehensive assessments and delivers meticulously designed training programs in safety, environmental monitoring, compliance and sustainability.

TENTATIVE PROGRAMME

09.00 AM – 10.30 AM INTRODUCTION

- INTRODUCTION OF THE TRAINER
- OVERVIEW OF NATIONAL OCCUPATIONAL DISEASE STATISTICS FOR THE YEAR 2023
- ANATOMY OF THE EAR: UNDERSTANDING THE STRUCTURE AND FUNCTION
- OVERVIEW OF HEARING CONSERVATION PROGRAM (HCP)
- PURPOSE OF THE TRAINING
- UNDERSTANDING OCCUPATIONAL NOISE EXPOSURE
- INTRODUCTION TO NOISE-INDUCED HEARING LOSS (NIHL)

MODULE 1: OCCUPATIONAL SAFETY AND HEALTH (NOISE EXPOSURE) REGULATIONS 2019

- EXPLANATION OF REGULATION 1-REGULATION 11
- RESPONSIBILITIES OF EMPLOYERS AND EMPLOYEES
- LEGAL CONSEQUENCES OF NON-COMPLIANCE

10.30 AM – 11.00 AM MORNING BREAK

11.00 AM – 12.00 PM MODULE 2: ADVERSE EFFECT OF EXCESSIVE NOISE ON HEARING

- SYMPTOMS OF HEARING PROBLEMS
- EFFECTS AND COMPLICATIONS OF NOISE-INDUCED HEARING ISSUES

12.00 PM – 01.00 PM MODULE 3: NOISE RISK ASSESSMENT & REDUCTION OF EXCESSIVE NOISE

- HEARING CONSERVATION PROGRAM (HCP) FLOWCHART
- STUDY OF NOISE RISK ASSESSMENT (NRA) REPORT

01.00 PM – 02.00 PM LUNCH BREAK

02.00 PM – 03.00 PM MODULE 4: PERSONAL HEARING PROTECTION (PHP)

- SIRIM-DOSH APPROVED PERSONAL HEARING PROTECTION (PHP)
- TYPE OF PERSONAL HEARING PROTECTORS (PHP)
- CALCULATING SINGLE PROTECTION EFFECTIVENESS OF PHP
- 5 CORRECT STEPS FOR WEARING EARPLUGS

03.00 PM – 03.30 PM AFTERNOON BREAK

03.30 PM – 05.00 PM MODULE 5: AUDIOMETRIC TESTING AND RESULTS INTERPRETATION

- DEFINITION
- EMPLOYER RESPONSIBILITIES IN HEARING HEALTH MANAGEMENT
- TYPE OF AUDIOGRAMS
- AUDIOMETRIC TESTING EQUIPMENT AND AUDIOMETRIC TESTING FLOWCHART
- SCREENING QUESTIONNAIRE FOR EMPLOYEES
- CASE STUDY FOR AUDIOMETRIC TEST RESULT
- INTERPRETING TEST RESULTS AND IMPLICATIONS FOR WORKPLACE ADJUSTMENTS
- MEDICAL EXAMINATION AND REFERRAL PROCEDURES
- NOTIFICATION AND PENALTY FOR NON-COMPLIANCE

