

Salus Occupational

Salus is an NHS based provider of Occupational Health and Safety and return to Work services across the public and private sectors. It is the largest multidisciplinary service of the NHS and operates as a social enterprise model.

Salus is owned and operated by NHS Lanarkshire. There are departments in each of the three main hospitals in Lanarkshire and a central department located in 14 Beckford Street, Hamilton.

Our service can provide advice help and support on matters related to health and work, We have a wide range of professionals with trained OH physicians, OH nurses, safety specialists, occupational hygienists, fire safety specialists, manual handling advisors and our administration staff.

We provide a trusted and confidential service and aim to

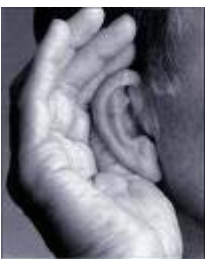
For More information please contact:
Anne Guthrie
Occupational Hygienist
14 Beckford Street, Hamilton
Tel: 01698 206 335
Email: Anne.Guthrie@lanarkshrie.scot.nhs.uk

Noise in the Workplace



Noise Assessment

Noise is often defined as “unwanted noise”. In addition to causing annoyance, it may interfere with working efficiency by inducing stress and disturbing concentration, especially where the work is difficult or highly skilled.



Noise can also hinder communications and by masking warning signs may be the cause of some accidents.

Particularly, noise can damage the hearing of persons exposed to it. This damage can be of a temporary nature lasting from a few minutes to a few days. Regular exposure to excessive noise can cause the destruction of certain inner ear structures, which will result in loss of hearing which is permanent and irreversible.



Regulations were introduced in April 2006 to protect workers from noise at their work. The noise at work regulations 2005 require employers to prevent or reduce the risks to health and safety from exposure to noise at work.



You are at Risk If:

- The noise in your work place is intrusive i.e. like a noisy restaurant or vacuum cleaner most of the day.
- If you have to raise your voice to talk to someone about 2 meters away.
- If you use noisy power tools or machinery for approximately 30 minutes per day.
- If you work in a noisy industry such as demolition, road repair, construction, engineering, or textile manufacturing.
- If you have muffled hearing at the end of the day even if it has resolved itself by the next

Symptoms of Hearing Loss

- Conversations become difficult or impossible.
- You are having trouble using the telephone.
- You find it difficult to hear ‘t’, ‘d’, and ‘s’ sounds or you confuse similar sounding words.
- You have permanent ringing, whistling or buzzing in your ears.

Hearing loss usually gradual and most often once the symptoms are



How to protect Yourself

noticeable, it is generally too late to do anything about it.

Help your employer do what is needed to protect your hearing. Make sure you use any noise control equipment properly and follow all safe working procedures.

Attend your hearing checks regularly if you

How do I Reduce Noise?

Think of how to remove the loud noise altogether and if this is not possible, do what you can to control the noise.

- Try other working methods that require less exposure to noise
- Introduce engineering controls i.e. avoid metal on metal impact, isolate vibrating machinery etc.
- Modify paths where the noise travels to the people exposed i.e. use barriers or screen to block the noise.

For More Information Contact:
Anne Guthrie
Occupational Hygienist Salus HQ

Telephone: 01698 206335