## VISIT EACH WORK AREA OF YOUR WORK GROUP

Visit each workstation. Place the phone 10-20 cms from workers' ears to measure the noise level the person is exposed to without hearing protection. **Do not take off the hearing protection.** 

# MARK THE NOISE LEVEL ON THE CHARTS PROVIDED

The chart needs two pieces of information – dBA level, and amount of time the worker works at that noise level.

Find the level on the noise in decibels (vertical part of the chart) and then mark the spot above the length of time the person is working at this workstation or length of shift. If the noise level measured is in the red section in the chart then this work area is likely to be above the legal limit.

# IF THE NOISE LEVEL IS ABOVE THE RED SECTION

- Report back to the members about your findings
- Raise the issue with your employer/PCBU
- Discuss some solutions, with members and your employer
- Report back to AMWU delegate and branch

If you need support, talk to your AMWU delegate/Organiser

## SEND YOUR RESULTS IN THE FOLLOWING WAYS

Email: deb.vallance@amwu.asn.au

Facebook group: www.amwu.org.au/hsrgroup

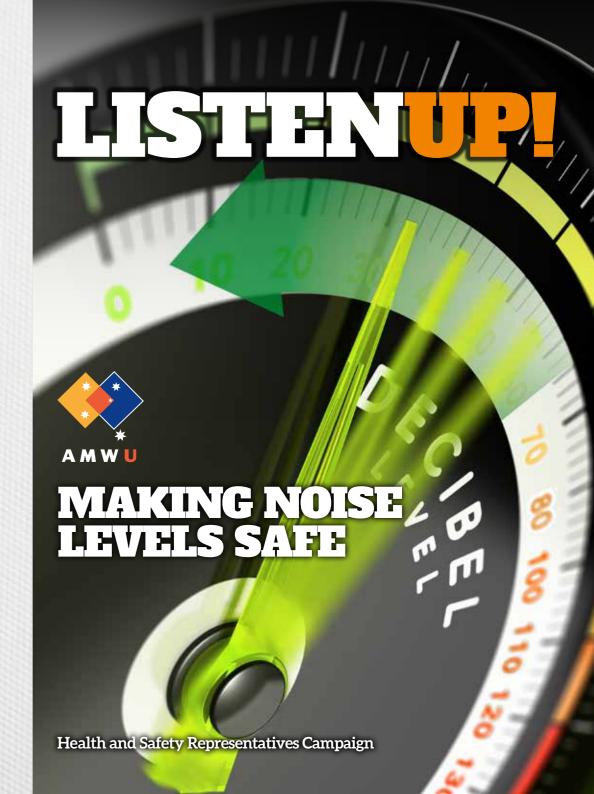
AMWU H&S OHS officers/officials

Post: Deb Vallance

Level 2/251 Queensberry Street

Carlton South 3053





## THE FACTS

UNSAFE NOISE LEVELS AT WORK CAN LEAD TO PERMANENT, IRREVERSIBLE HEARING LOSS.

NEARLY 50% OF WORKERS' COMPENSATION CLAIMS FOR HEARING LOSS COME FROM AMWU INDUSTRIES.

AT 85 DBA NEARLY 1 IN 5 WORKERS WILL SUFFER HEARING LOSS OVER THE COURSE OF THEIR WORKING LIFE.

High levels of noise are more dangerous when there is also exposure to vibration and certain chemicals. Persistent noise stress can increase the risk of fatigue, high blood pressure and heart disease.

### THE LAW

A PERSON CANNOT BE EXPOSED TO NOISE LEVELS ABOVE THE EXPOSURE STANDARD, WHICH IS 85dBA OVER 8 HOURS.

Note: A short blast of very loud noise will be just as harmful as sustained exposure to a mid level noise.

MOST WORKPLACES RELY ON HEARING PROTECTION BUT THE LAW SAYS THAT RISK NEEDS TO BE REDUCED BY:

- Designing out exposure to noise
- Buying quiet equipment and installing machinery/ equipment in quiet places

WORKPLACES ARE THEN OBLIGED TO APPLY A HIERARCHY OF PROTECTION:

- · Isolate the hazards from people
- Engineer out the hazards
- · Implement administrative controls
- If a risk still remains, use hearing protection - muffs or plugs.

# WHAT CAN HEALTH & SAFETY REPRESENTATIVES DO?

### H&S REPS HAVE THE RIGHT TO:

- Routinely inspect the workplace after giving reasonable notice, i.e. 24 hours
- Request a review of any risk control measures
- Be consulted about health and safety matters that affect members of the work group
- Discuss health and safety matters with employers
- Get assistance from outside the workplace.

Employers must consult with workers and H&S Reps about health and safety matters.

## CHECKING THE NOISE LEVELS AT WORK

H&S Reps use your rights. Request paid time to check the noise levels and discuss noise matters with members of your work group.

### HOW TO MEASURE NOISE AT WORK

CONSIDER THE VARIOUS PARTS OF YOUR WORKPLACE.
WHICH PLACES MIGHT BE NOISE-AFFECTED?

#### DOWNLOAD A NOISE LEVEL APP ON A SMARTPHONE.

In some workplaces the use of mobile phones is restricted, so be sure to get the OK to use your phone for measuring noise levels. There are free noise measuring apps available for download from both Apple and Android app stores.



