



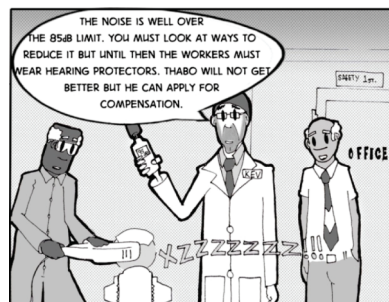
NOISE IN THE WORKPLACE AND 'BUY-QUIET' POLICY

Is it possible that noise in your workplace is affecting your hearing?

Do you experience :

- Difficulty hearing others speak
- Ringing in your ears
- Fatigue/tiredness
- Reduced concentration
- Difficulties hearing the alarm when it rings

**IF YOU ANSWER YES TO ONE OR MORE OF THESE QUESTIONS,
YOUR WORKPLACE MIGHT BE TOO NOISY**



Vibrations from machinery is a major culprit of noise in the workplace. this refers to noise that is caused by the frequent movement of parts in machinery. Harmful vibration may result in:

- Exposure to noise
- Equipment damage by loosening the machine parts

What is 'Buy Quiet'?

It is a practice that encourages employing strategies that range from reducing noise given off existing machinery up to buying Quiet-by-design equipment.

COST OF WORKPLACE NOISE REDUCTION

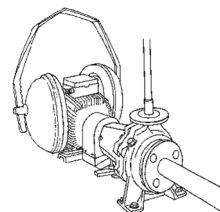
Long term costs related to hearing conservation include budget expenses on:

- Noise monitoring
- Hear conservation training
- Record keeping
- Medical Surveillance
- PPE
- Programme management

Regulations 9 and 10 of the Noise Induced Hearing Loss Regulations (2003), states that no employer or self employed person shall require or permit any person to enter any workplace under his or her control where such person will be exposed to noise exposed to noise at or above the 85 dBA noise-rating limit.

A workplace without a noise problem

- Reduce the charges of hearing loss
- Reduces hearing conservation related costs
- Improves ability to communicate
- Improves safety and productivity
- Creates a safe, productive, comfortable environment





Why is Quiet-by-design better than PPE?

- It controls the noise problem at the source
- It reduces costs related to hearing conservation and legal claims
- It promotes efficient work process

What about retrofitting?

Retrofit controls reduce the noise from existing noise sources (machinery). It is often more difficult to retrofit controls on existing equipment.

A comparison of 4 methods of noise control

PPE	Quiet-by-design
	
Uncomfortable, not worn consistently & depends on fit	Control the noise at source
No guarantee of 100% protection	Reduces hearing conservation related costs
Workers have differing susceptibility to hearing loss	Manufacturers assume financial & design risk
Can hinder communication	Buyer specifies noise emission criteria
Quiet-by-design	Retrofit
Manufacturer's supplied controls are more affordable, and maintainable	Retrofit controls are often more difficult to implement
It is economically wise since you won't need other control measures	Sometimes retrofit controls are used in conjunction with PPE, making it less cost-effective

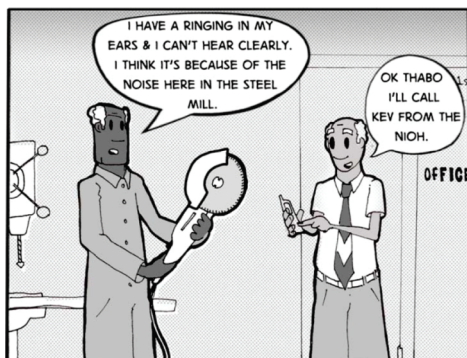
What can I do?

As the employee

- Be proactive
- Identify areas of concern
- Inform others to the value of 'buy quiet' practice

As the employer

- Have a formalised 'buy quiet' policy
- Corporate police sends a message to vendors to take note of 'buy quiet' requirements
- Have publicly visible programs to set an example to employees and other organisations



This pamphlet was produced by NIOH. For more information or assistance log a query with our Occupation Hygiene Section at www.nioh.ac.za or contact us at 011 712 6400

The NIOH is administered from 25 Hospital Street Braamfontein, Johannesburg, South Africa

The information in this pamphlet was adopted from the NASA'S 'Buy-Quite' and Quite-by-Design' Presentation