

What?

- Noise means unwanted sound, or loud discordant or disagreeable sound or sounds. The effect of noise on hearing can be temporary or permanent.
- Temporary deafness is often experienced after leaving a noisy place. Hearing damage can also be caused immediately by sudden, extremely loud noises.
- When annoying sounds become noise hazards is when that noise begins interfering with communication and warning signals, and causes chronic health problems. These hazards occur when sounds workers are exposed to are greater than 85 decibels.

Why?

- Noise can cause distress to some of our participants.
- Noise and vibration can disturb local residents and give rise to complaints and delay your project.
- Repeated exposure to noise can also cause irreversible damage to your hearing.
- Always wear the correct PPE including ear defenders.
- You can be prosecuted for failing to meet noise constraints.



Do ✓

- ✓ Be respectful to any participants or neighbours if they voice concerns
- ✓ If possible, restrict noisy activities to certain times of the day
- ✓ Make sure that all machinery and equipment is well maintained and regularly serviced. Plant and equipment in good order will always be quieter than poorly maintained equipment
- ✓ Switch off all equipment immediately after use

Don't ✗

- ✗ Don't make more noise than is absolutely necessary particularly during unsocial hours
- ✗ Don't use machinery without wearing ear protection



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