

# Leadership and worker involvement toolkit

## Preventing exposure to excessive noise

One of the top five health risks arising from construction work

Checklist from Seven steps > Step 3 > Key tool > Health risks



### Manager

- 1) Assess the noise levels in your workplace and consider them against guidance on noise levels.
- 2) Consider whether you could use different equipment or processes with lower noise levels.
- 3) Ensure your employees understand risks to their hearing and the importance of hearing protection.
- 4) Provide hearing protection for workers where exposure to noise is potentially damaging. A range of hearing protection may be needed to help different workers.
- 5) Remember, it is not only the person using the noisy piece of machinery but also those working close by that can be affected by the noise.

### Worker

- 1) Use ear defenders for noisy activities and ensure you wear them correctly. Keep them in good condition and report any faults.
- 2) Ensure you understand the risks to your hearing and take action to protect yourself.
- 3) Ensure you participate in health surveillance, if it has been identified that you need it.
- 4) Report any signs of discomfort or deteriorating hearing to your supervisor, safety representative or occupational health department.

### Links to HSE guidance

Noise guidance: [www.hse.gov.uk/construction/healthtopics/noise.htm](http://www.hse.gov.uk/construction/healthtopics/noise.htm) and [www.hse.gov.uk/noise/index.htm](http://www.hse.gov.uk/noise/index.htm)

### Planning – Prioritising decisions and managing risk

- 1) Assess the risks to workers from noise in the workplace and make sure the legal limits on noise exposure are not exceeded.
- 2) Take action to eliminate workers' exposure to noise by designing out noisy processes or, if not possible, keeping workers out of noisy areas on site if they don't need to be there.
- 3) Reduce workers' exposure to noise by considering processes that reduce the risk and implementing a policy of buying/hiring low-noise tools.
- 4) If you cannot reduce the noise exposure to safe levels, provide your employees with well maintained, properly fitting hearing protection.
- 5) Provide your employees with information, instruction and training to make sure they understand the risks associated with noise and how to use the equipment provided to them.
- 6) Carry out health surveillance where there remains a risk to health.

To download this checklist, complete the *Exposure to excessive noise* case study, see:  
Seven steps > Step 3 > Key tool > Health risks



### Record your site briefing here

Who has been briefed:

---

---

---

I confirm that I have briefed these people on the key points of the LWIT Step 3 Key tool on preventing exposure to excessive noise.

Signed off by

---

### Concerns raised at the briefing

### Changes implemented or actions planned

**The *Leadership and worker involvement toolkit* is aimed particularly at small and medium sized businesses and is designed to help improve your health and safety and bring additional benefits to your business performance and productivity. See: [www.hse.gov.uk/construction/lwit/](http://www.hse.gov.uk/construction/lwit/)**

Developed by the construction industry's Leadership and Worker Engagement Forum. Hosted by HSE 08/11