



NOISE & HEARING CONSERVATION PROGRAM (HCP) AWARENESS TRAINING



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor

Course Title: Noise & Hearing Conservation Program Awareness Training

Course Validity: 1 Day

Validity: Not Applicable

HRD Corp Scheme: Claimable

INTRODUCTION

This training is designed to provide participants with an understanding of the risks associated with workplace noise exposure and the importance of hearing conservation. Participants will learn about noise hazards, control measures, and regulatory requirements to ensure compliance and protect employee health.

OBJECTIVE(S):

- Understand the effects of noise exposure on hearing and health.
- Identify sources of workplace noise and assess associated risks.
- Learn strategies for noise control and hearing conservation.
- Comply with relevant noise exposure regulations and standards.

TARGET GROUP(S):

- Employees working in high-noise environments.
- Safety and health officers.
- Supervisors and managers.

ENTRY REQUIREMENT(S):

- Able to read, write, and communicate verbally in Malay/English

TOPIC(S):

1. Introduction to Noise and Hearing Conservation
2. Health Effects of Noise Exposure
3. Noise Measurement and Monitoring
4. Noise Control Strategies
5. Regulatory Compliance and Standards

LIST OF REFERENCE BOOK(S):

- OSHA Noise Exposure Regulation 2019
- Factories and Machinery (Noise Exposure) Regulations 1989

LIST OF TEACHING AID(S):

- LCD projector
- Computer
- Whiteboard with accessories
- Flip chart with accessories

METHODOLOGY(S):

- Lecture
- Group discussions
- Practical demonstration

TRAINING SCHEDULE

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 10:15 am	Topic 1: Introduction to Noise and Hearing Conservation
10:15 am - 10:30 am	Morning Tea Break
10:30 am - 11:15 am	Topic 2: Health Effects of Noise Exposure
11:15 am - 12:30 pm	Topic 3: Noise Measurement and Monitoring
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 2:30 pm	Topic 4: Noise Control Strategies
2:30 pm - 3:30 pm	Topic 5: Regulatory Compliance and Standards
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 4:30 pm	Practical Session: Applying Noise Control and Monitoring Techniques
4:30 pm - 4:45 pm	Case Studies and Group Discussion
4:45 pm - 5:00 pm	Closing and Q&A Session