



HEARING LOSS PREVENTION AND AUDIOMETRIC TESTING 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: Hearing Loss Prevention and Audiometric Testing Training

Course Validity: 2 Days

Validity: Not Applicable

HRD Corp Scheme: Claimable

INTRODUCTION:

This training provides participants with the essential knowledge and practical skills required to manage workplace noise exposure effectively and prevent occupational hearing loss. The programme covers noise regulations, exposure assessment, audiometric testing protocols, hearing conservation strategies, PPE selection, and early detection of hearing impairment. Participants will learn how to interpret audiogram results, implement noise control measures, and comply with the Occupational Safety and Health (Noise Exposure) Regulations 2019 and ISO 8253 audiometric standards.

OBJECTIVE(S):

- Understand noise hazards and their effects on hearing.
- Comply with OSH (Noise Exposure) Regulations 2019 requirements.
- Conduct workplace noise exposure assessment and documentation.
- Interpret audiometric results and identify early signs of hearing loss.
- Implement engineering, administrative and PPE noise controls.
- Carry out an effective hearing conservation programme.
- Improve communication and education for noise-exposed workers.
- Support medical surveillance and audiometric testing procedures.

TARGET GROUP(S):

- OSH Practitioners (SHO/SSS)
- Supervisors & Line Leaders
- Safety and Health Committee Members
- HR & Admin Personnel
- Maintenance & Engineering Teams
- Workers exposed to noise hazards

ENTRY REQUIREMENT(S):

- Able to read and communicate in Malay/English
- Basic OSH understanding is recommended

TOPIC(S):

1. Introduction to Noise & Hearing Loss
2. OSH (Noise Exposure) Regulations 2019 – Key Compliance Requirements
3. Fundamentals of Audiometric Testing
4. Understanding Noise Measurement & Exposure Assessment
5. Engineering, Administrative & PPE Controls
6. Hearing Protection Devices – Selection, Fit & Limitations
7. Hearing Conservation Programme Structure
8. Interpretation of Audiograms & Medical Surveillance Requirements
9. Communication & Training for Noise-Exposed Workers
10. Case Studies, Practical Exercises & Testing Demonstrations

LIST OF REFERENCE BOOK(S):

- OSHA 1994 & OSHA (Amendment) 2022
- OSH (Noise Exposure) Regulations 2019
- DOSH Guidelines for Noise Exposure & Hearing Conservation
- ISO 8253 Series – Acoustics & Audiometric Test Methods

LIST OF TEACHING AID(S):

- LCD projector
- Sample audiograms
- Noise measurement tools (demo)
- HPD samples (earplug/earmuff)
- Flip chart / whiteboard

METHODOLOGY(S):

- Interactive lecture
- Group discussion
- Case studies
- Demonstrations
- Practical exercises

TRAINING SCHEDULE

Day 1

Time	Activity / Topic
8:30 am – 9:00 am	Registration & Introduction
9:00 am – 10:15 am	Topic 1: Introduction to Noise & Hearing Loss
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 2: OSH (Noise Exposure) Regulations 2019 – Compliance Requirements
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 3: Fundamentals of Audiometric Testing
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 4: Noise Measurement & Exposure Assessment

Day 2

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 1
9:00 am – 10:15 am	Topic 5: Engineering, Administrative & PPE Controls
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 6: Hearing Protection Devices – Selection, Fit & Limitations
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 7: Interpretation of Audiograms & Medical Surveillance
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 8–10: Case Studies, Testing Demo & Practical Exercises