



HEALTH SAFETY AND ENVIRONMENT | HSE-030

Noise and Vibration Control at Work

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Course content

Why Attend

Exposure to noise and vibration can cause permanent hearing loss, tinnitus and hand-arm vibration syndrome. These conditions are preventable with good assessment and control.

This Aractech course explains noise and vibration hazards, legal exposure limits, measurement and assessment, engineering and administrative controls, hearing protection, health surveillance and management programmes. Participants interpret measurement data and develop control plans.

Course Methodology

- Technical presentations
- Measurement data exercises
- Case studies
- Control planning
- Group discussions

Course Objectives

- Explain noise and vibration health effects
- Understand exposure limits and legal duties
- Measure and assess noise and vibration exposure
- Select engineering and administrative controls
- Manage hearing protection and health surveillance
- Develop a noise and vibration management programme

Target Audience

- HSE professionals
- Engineers

Course content

- Maintenance managers
- Occupational health staff

Course outline

Detailed course outline

Day-by-day outline for Noise and Vibration Control at Work.

Day 1 - Noise Hazards

- 09:00-09:39 | Sound and hearing
- 09:39-10:18 | Health effects
- 10:18-10:57 | Legal limits
- 10:57-11:00 | Noise sources
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Noise sources (continued)
- 12:05-12:43 | Risk assessment
- 12:43-14:00 | Exercise: Noise map review

Day 2 - Noise Assessment and Control

- 09:00-09:39 | Measurement
- 09:39-10:18 | Daily exposure calculation
- 10:18-10:57 | Engineering controls
- 10:57-11:00 | Administrative controls
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Administrative controls (continued)
- 12:05-12:43 | Hearing protection
- 12:43-14:00 | Lab: Exposure calculation

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Day 3 - Vibration Hazards

- 09:00-09:39 | Hand-arm vibration
- 09:39-10:18 | Whole-body vibration
- 10:18-10:57 | Health effects
- 10:57-11:00 | Exposure limits
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Exposure limits (continued)
- 12:05-12:43 | Assessment
- 12:43-14:00 | Exercise: Vibration exposure

Day 4 - Vibration Control

- 09:00-09:39 | Tool selection
- 09:39-10:18 | Maintenance
- 10:18-10:57 | Work organisation
- 10:57-11:00 | Health surveillance
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Health surveillance (continued)
- 12:05-12:43 | Training
- 12:43-14:00 | Case study: Vibration programme

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Day 5 - Management Programmes

- 09:00-09:45 | Programme structure
- 09:45-10:30 | Purchasing policy
- 10:30-11:00 | Monitoring
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Monitoring (continued)
- 11:45-12:30 | Records
- 12:30-13:15 | Improvement
- 13:15-14:00 | Capstone: Noise and vibration plan

Seminar dates

Available seminar dates

Live dates and pricing for Noise and Vibration Control at Work generated from the course details page.

Date	Location	Format	Fee
18 - 22 January 2027	Paris	Classroom	€3,825
15 - 19 February 2027	Frankfurt	Classroom	€1,875
15 - 19 March 2027	Barcelona	Classroom	€2,815
19 - 23 April 2027	Frankfurt	Classroom	€1,875
17 - 21 May 2027	Rome	Classroom	€3,460
21 - 25 June 2027	Kuala Lumpur	Classroom	€1,925
19 - 23 July 2027	Barcelona	Classroom	€2,815
16 - 20 August 2027	Paris	Classroom	€3,825
20 - 24 September 2027	Frankfurt	Classroom	€1,875
18 - 22 October 2027	Barcelona	Classroom	€2,815

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18 - 22 January 2027	Online / Live	Online / Live	€1,815
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17 - 21 May 2027	Online / Live	Online / Live	€1,815
21 - 25 June 2027	Online / Live	Online / Live	€1,815
19 - 23 July 2027	Online / Live	Online / Live	€1,815
16 - 20 August 2027	Online / Live	Online / Live	€1,815

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