



Harmful noise

At a number of workplaces on board, harmful noise may cause permanent hearing damage, and can also lead to stress and miscommunication.



Threats

- Harmful noise at work
- Exposure to noise above 85 dB (A)
- Poor communication resulting in not hearing or understanding instructions and alarms



Step 1: Collective measures

Source measures

- ✓ When replacing machines, look for a quieter alternative
- ✓ Check whether alternative, low-noise working methods are possible

Collective measures

- ✓ Make sure that hearing protection is available and instruct the crew on how to use it
- ✓ Instruct the crew in which situation hearing protection is needed. A rule of thumb is: if you are 1 meter apart and you cannot understand each other properly without raising your voice, then the noise level is probably harmful
- ✓ Apply sound insulation where possible
- ✓ Discuss the work to be performed in advance
- ✓ Agree on communication signals in advance
- ✓ Place pictograms "hearing protection mandatory" when there is noise

Step 2: Individual measures

- ✓ Rotate the work

Step 3: Personal protective equipment

- ✓ Use hearing protection, with two-way radio (for communication)