



HEALTH, SAFETY AND SECURITY TRAINING

Noise, Vibration and Hearing Conservation

3 day course

Classroom, online or in-house

Course overview

Noise induced hearing loss is permanent, entirely preventable and one of the most commonly compensated occupational diseases, and it develops without pain over years in workplaces where everybody knows it is loud. This course covers preventing it. Delegates work through sound measurement and the assessment of exposure over a shift, the criteria and action levels that trigger obligations, and noise control at source, along the path and at the receiver, in that order of preference. Hearing protection is covered honestly, including real world attenuation and why fit matters more than rating. Audiometric testing and the interpretation of a shift in threshold follow. Hand arm and whole body vibration are addressed. The course closes on a conservation programme and its records.

What you will learn

- Measure sound and assess exposure across a shift
- Apply criteria and action levels and the obligations they trigger
- Control noise at source, along the path and at the receiver
- Select hearing protection and achieve real world attenuation
- Run audiometric testing and interpret a threshold shift
- Assess hand arm and whole body vibration exposure
- Operate a conservation programme and maintain its records

Who should attend

- Occupational hygienists and safety officers
- Occupational health nurses and practitioners
- Engineering staff addressing noise control
- Supervisors in high noise areas
- Human resources staff handling compensation claims

Course outline

- 01 Permanent, preventable and quietly acquired
- 02 Sound measurement and exposure assessment
- 03 Criteria, action levels and obligations
- 04 Noise control at source
- 05 Path and receiver controls
- 06 Hearing protection and real world attenuation
- 07 Audiometry and threshold shift
- 08 Vibration exposure and programme records

Upcoming dates

Dates	Venue	Format	Fee per delegate
21 to 23 September 2026	Kigali, Rwanda	Classroom	USD 995
23 to 25 November 2026	Harare, Zimbabwe	Classroom	USD 995
28 to 30 December 2026	Windhoek, Namibia	Classroom	R14,950
27 to 29 January 2027	Pretoria, South Africa	Classroom	R14,950



Fees and how to register

This 3 day course is **R6,500** per delegate online, **R14,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 995** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriscience.co.za, or WhatsApp us on **+27 63 479 1136**.

AfriScience Group | +27 61 536 6531 | info@afriscience.co.za | Pretoria, Gauteng, South Africa