Construction Noise & Hearing Loss Prevention

Train-the-Trainer Course Binder

State Building and Construction Trades Council of California
and the
Labor Occupational Health Program,
University of California, Berkeley
2015
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Acknowledgements

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Overall Course Objectives

By the end of this training, participants will be able to:

1. Discuss what it is like to experience simulated hearing loss.

2. Explain the effects of hearing loss, warning signs of hearing loss and tinnitus.

3. Discuss hazardous noise, causes of hearing loss, noise-induced hearing loss, how we hear, types of noise and common hearing loss devices.

4. Describe how sound is measured, Cal/OSHA noise limits in construction, and devices used to measure noise.

5. Identify sources of noise at a construction site.

6. Discuss ways to control construction noise.

7. Review the types of hearing protection devices used in construction and demonstrate how to use an earplug correctly.
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- How The Binder Is Organized

Section 1: Agenda/Evaluation
- Agenda
- What Do You Know About Cal/OSHA (Quiz)
- Pre-Test and Post-Test
- Train the Trainer Course Evaluation

Section 2: Instructor’s Guide

Section 3: Curriculum and PowerPoint Slides

Section 4: Tailgate Guides
- SBCTC-LOHP Noise Safety Walkaround Checklist
- SBCTC-LOHP Noise Training Guide
- CPWR Toolbox Talk, Hearing Protection
- Hearing Protection, Safety Break #9, OHB

Section 5: Worksheets – Factsheets

Worksheets
- Say What activity worksheet
- (Optional) What Does Noise-Induced Hearing Loss Sound Like?

Factsheets
- Noise (CPWR Hazard Alert)
- How You Hear
- Hear Today…Hear Tomorrow (cochlea)
- Construction Noise (CPWR Hazard Alert)
- Common Noise Levels in Construction (chart)
- Protecting Yourself from Noise in Construction (OSHA Pocket Guide)
- Hearing Loss is Preventable – Buy Quiet (NIOSH)
- Controlling Noise on Construction Sites
- Don’t Let Noise Steal Your Hearing

Section 6: Training Tips
- How Adults Learn Best (WOSHTEP)
- Training Steps (WOSHTEP)
- Aim at What is Essential to Know (WOSHTEP)
- Memory and Learning Methods (WOSHTEP)
- Teaching Methods Chart (WOSHTEP)
- Training Evaluation Checklist
- Worksheet: Your Training Plan (WOSHTEP)

**Section 7: Resources**
- Resource List

**Section 8: Training Forms**
- Sign in sheet
- Action Plan form
- Workshop evaluation form

**Binder Pocket**
- Laminated cards (talking points on noise in construction)
How This Binder Is Organized

This training program consists of this course binder along with a flash drive that has everything on it you need to teach a Noise workshop. The material in the binder is described below. It also includes plastic laminated cards which are located in the inside pocket of the binder for you to use in Tailgate Trainings.

Flash Drive. The flash drive has everything on it that is in this course binder, plus some additional information on construction noise and hearing loss we thought you might find useful.

Tab 1: This section of the binder has the training-of-trainers (TOT) agenda, pre and post tests, OSHA quiz and the TOT evaluation. All of this material is used in the TOT course. You do not have to use it in your workshop.

Tab 2: This section of the binder has the Instructor's Guide. This guide provides an overview of the Construction Noise and Hearing Loss Prevention Training program and summarizes each session topic.

Tab 3: This section of the binder has the PowerPoint® and curriculum. The curriculum was designed to be taught with the PPT. It provides discussion questions and answers, and describes the activities in the training.

Tab 4: This section of the binder has Tailgate Training Guides on Noise and Hearing Loss Prevention designed for on-the-job training. The guide developed by SBCTC and LOHP has two parts including a Safety Walkaround Checklist and Training Guide. Both have been reviewed by Cal/OSHA and updated as of January 2015. We have also included two training guides developed by other organizations for reference; however these have not been updated for this project.

Tab 5: This section of the binder has the Worksheet and Handouts referred to in the curriculum. They are to be used in your workshop, depending on the session(s) you teach.

Tab 6: This section of the binder has Training Tips. It contains information on training techniques that you may find useful.

Tab 7: This section of the binder has a list of Resources on noise in construction. It contains links you can follow to get additional background information.

Tab 8: This section of the binder has the Training Forms you will need to complete and return to the SBCTC after your training.

Laminated cards. You will also find a set of laminated plastic cards in the binder pocket. They illustrate common issues related to noise and construction. They can be
used in Tailgate Training (or any other training) as discussion triggers or talking points on construction noise.