



NOISE REGULATION 2019 AWARENESS



OCTOBER

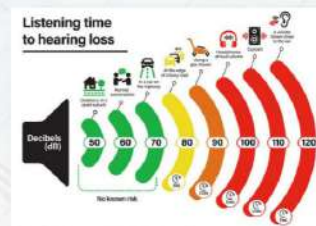
06 OCT 2026 (1 Day)



Mile 9, Jalan Labuk Lama,
90000 Sandakan, Sabah



RM 972.00 Inclusive 8% SST



SPEAKER:

Zariman Zainuddin

Plant Manager, Mill Manager,
Maintenance Manager, Steam Boiler
Engineer Grade 1&2, Steam Boiler
Operator Grade 1&2, Safety & Health
Officer, Steam Boiler Operator Grade
1&2, Plant Supervisor.etc

Register here:



Contact us now to discuss your
team's training needs.



PHONE

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WEBSITE

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TRAINING OUTLINE & AGENDA

TITLE	: NOISE REGULATION 2019 AWARENESS
TRAINING PROVIDER	: MATRIX SKILLS ACADEMY SDN BHD
DURATION	: 1 Days
SPEAKER	: En. ZARIMAN ZAINUDDIN

Course Overview:

This program focuses on compliance with the Occupational Safety and Health (Noise Exposure) Regulations 2019 and managing occupational noise exposure.

Learning Outcomes

Participants will be able to:

- Understand noise exposure limits
- Identify noise hazard
- Apply effective control measures

TRAINING AGENDA

	TIME	DESCRIPTION
DAY 1	8.00-9.00	REGISTRATION DAY & PRE-TEST -PARTICIPANT REGISTRATION -PRE-ASSESSMENT
	9.00 – 10.30	INTRODUCTION TO NOISE HAZARD -WHAT IS NOISE -TYPES OF WORKPLACE NOISE -PERMISSIBLE EXPOSURE LIMIT (PEL)
	10.30 – 10.45	TEA BREAK
	10.45 – 12.30	HEALTH EFFECTS & REGULATIONS -HEARING LOSS & HEALTH EFFECTS

		-LEGAL REQUIREMENTS UNDER NOISE REGULATIONS 2019
	12.30 – 13.30	LUNCH BREAK
	13.30 – 15.00	NOISE RISK ASSESSMENT (NRA) -PURPOSE OF NRA -BASIC PROCESS OF ASSESSMENT -IDENTIFYING HIGH-RISK AREAS
	15.00 – 15.15	TEA BREAK
	14.30-15.00	CONTROL MEASURES & HEARING CONSERVATION -HIERARCHY OF CONTROL -PPE (EARPLUG, EARNUFF) -AUDIOMETRIC TESTING
	16.30 – 17.00	POST-TEST & CLOSING