



INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS
COURSE CURRICULUM

TEL: 03 - 8911 3800 FAX: 03 - 8926 3900
URL: www.niosh.com.my



COURSE TITLE	: Noise Risk Assessor	COURSE CODE	: NRA
COURSE DURATION	: 4-day(s) / 29.00-hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Competency		
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM1,728.00 (inclusive of 8% SST)	EXAMINATION FEE	: RM700.00

1. OBJECTIVE(S):

At the end of the course, the participant will be able to:

- i. Conduct noise risk assessment according to proper method of assessment.
- ii. Register with the DOSH as a Noise Risk Assessor for noise risk assessment under Occupational Safety and Health (Noise Exposure) Regulations 2019.

2. TARGET GROUP(S):

- i. This course is designed for those who intend to become Noise Risk Assessor for noise risk assessment.

3. ENTRY REQUIREMENT(S):

- i. Malaysian citizen; **AND**
- ii. Possess minimum a Diploma in Science, Diploma in Engineering or Diploma in Occupational Safety and Health accredited by Malaysian Qualifications Agency (MQA).

Note: This entry requirement(s) is applicable for **training** purpose only. Please refer to the Industry Code of Practice for Management of Occupational Noise Exposure and Hearing Conservation 2019 if you would like to be a registered competent person (Noise Risk Assessor). Effective 1st January 2024, participant is required to sit for the first examination within one (1) year from the date of completion of the course.

4. TOPIC(S):

- i. Principle of Industrial Hygiene & Hearing Conservation Programme.
- ii. Legal Requirements.
- iii. The Physics of Sound.
- iv. Hearing Mechanism, Health Effects and Audiometric Testing.
- v. Noise Measuring Equipment (Theory & Practical).
- vi. Noise Risk Assessment (Theory & Practical).
- vii. Noise Control.
- viii. Noise Risk Assessor Registration & Report Writing.
- ix. Overview of SOHELP.



5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Occupational Safety and Health (Noise Exposure) Regulations 2019.
- iii. Industry Code of Practice for Management of Occupational Noise Exposure and Hearing Conservation 2019.
- iv. Guidelines for Control of Occupational Noise 2005, Department of Occupational Safety and Health Malaysia.


6. LIST OF TEACHING AID(S):

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.
- v. Sound level meter (SLM).
- vi. Noise dosimeter.
- vii. Sound calibrator.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.
- iii. Practical.
 - a) Area monitoring.
 - b) Personal monitoring.

Note: *Participant is required to bring along scientific calculator, laptop (for presentation) and Personal Protective Equipment (e.g. safety helmet, safety shoe, safety goggle, earplug / earmuff) for the training session.*

	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
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COURSE TITLE: NOISE RISK ASSESSOR

DAY ONE

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 0900	0.50	Registration and Course Introduction	NIOSH
0900 - 1015	1.25	Principle of Industrial Hygiene and Hearing Conservation Program	
1015 - 1030	0.25	MORNING TEA BREAK	
1030 - 1230	2.00	Legal Requirements	
1230 - 1300	0.50	The Physics of Sound	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Continuation	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	Hearing Mechanism, Health Effects and Audiometric Testing	
	6.75	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 0930	1.00	Noise Measuring Equipment (Theory)	
0930 - 1030	1.00	Noise Risk Assessment (Theory)	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Continuation	
1145 - 1300	1.25	Noise Control	
1300 - 1400	1.00	LUNCH	
1400 - 1545	1.75	Continuation	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1730	1.50	Practical for Noise Measuring Equipment & Noise Risk Assessment	
	7.50	END OF DAY TWO	

DAY THREE

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0800 - 0830	0.50	BREAKFAST	
0830 - 0930	1.00	Briefing for Practical & Instrument Preparation	
0930 - 1300	3.50	Visit to Factory (Preliminary and Noise Measurement)	
1300 - 1400	1.00	LUNCH	
1400 - 1700	3.00	Visit to Factory (Continuation)	
1700 - 1730	0.50	Examination Briefing	ECD
	7.50	END OF DAY THREE	

DAY FOUR

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 1000	1.50	Noise Risk Assessor Registration and Report Writing	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1115	1.00	Overview of SOHELP	
1115 - 1300	1.75	Preparation for Presentation	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Presentation	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	Presentation (Continuation)	
1715 - 1730	0.25	Evaluation & Closing	NIOSH
	7.25	END OF THE COURSE	

Note: This course was previously known as Monitoring of Noise Exposure (MNE).