



**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



<b>COURSE TITLE</b>	: Noise Risk Assessor	<b>COURSE CODE</b>	: NRA
<b>COURSE DURATION</b>	: 4-day(s) / 29.00-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Competency	<b>EXAMINATION FEE</b>	: RM700.00
<b>HRD CORP SCHEME</b>	: Claimable		
<b>COURSE FEE</b>	: RM1,696.00 (inclusive of 6% SST)		

**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 1<sup>st</sup> 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.*

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	<b>COURSE SCHEDULE</b>		
	<b>Document No.</b> NIOSH-PDD-CS-NRA	<b>Revision No.</b> MAST240124	<b>Page</b> 3 / 4


**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	
	<b>6.75</b>	<b>END OF DAY ONE</b>	

**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	
	<b>7.50</b>	<b>END OF DAY TWO</b>	

	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	<b>COURSE SCHEDULE</b>		
	<b>Document No.</b> NIOSH-PDD-CS-NRA	<b>Revision No.</b> MAST240124	<b>Page</b> 4 / 4

### 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
	<b>7.50</b>	<b>END OF DAY THREE</b>	

### 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
	<b>7.25</b>	<b>END OF THE COURSE</b>	

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