



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Measure Noise Levels And Take Appropriate Action Training

Health Sciences and Social Services / Preventive Health

Unit Standard 120317 · NQF Level 3 · 6 Credits · 3 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to accurately measure noise levels in occupational environments using appropriate instruments, interpret results against legal exposure limits, and implement corrective actions to mitigate noise hazards. It ensures compliance with the South African Occupational Health and Safety Act and promotes a culture of hearing conservation.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	120317
Accreditation	SAQA Accredited · NQF Level 3 · 6 Credits
Duration	3 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply noise measurement techniques using sound level meters and dosimeters in accordance with SANS 10083.
- Analyze noise measurement data to identify exceedances of regulatory exposure limits.
- Evaluate the effectiveness of engineering and administrative noise control measures.
- Design basic noise control action plans to reduce risk in high-noise areas.
- Demonstrate correct use of personal hearing protection and fit-testing procedures.
- Implement record-keeping and reporting protocols for noise assessments.

WHO SHOULD ATTEND

- Health and safety representatives, noise control officers, occupational hygienists, and any employees responsible for workplace noise monitoring and risk management.

COURSE OUTLINE

Day 1: Fundamentals of Noise Measurement

- Introduction to acoustics: sound waves, frequency, and amplitude
- The decibel scale and A-weighting (dBA)
- Health effects of noise: hearing loss, tinnitus, and stress
- South African noise regulations: OHS Act, SANS 10103, and SANS 10083
- Types of noise instruments: sound level meters, dosimeters, and calibrators
- Pre-measurement checks: calibration and battery tests
- Field exercise: measuring noise in a quiet room and a workshop

Day 2: Practical Noise Monitoring and Data Interpretation

- Survey planning: selecting measurement points and sampling strategies
- Measuring continuous, intermittent, and impulsive noise
- Calculating Time-Weighted Average (TWA) and noise dose
- Using noise dosimeters for personal exposure monitoring
- Common measurement mistakes and how to avoid them
- Data recording: logs, forms, and chain of custody
- Interpreting results: comparing to OELs and action levels
- Practical exercise: full workplace noise survey and report

Day 3: Noise Control Strategies and Action Planning

- Hierarchy of noise controls: elimination, substitution, engineering, admin, PPE
- Engineering controls: enclosures, silencers, dampening, and isolation
- Administrative controls: job rotation, signage, and training
- Hearing protection: types, selection, and fit testing
- Developing a noise action plan: risk assessment, control measures, monitoring schedule
- Communicating noise hazards: toolbox talks and training sessions
- Reassessment: post-control measurement and verification
- Final practical: complete a noise control case study and present action plan

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **6 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 17,900.00	R 17,900.00
1	In-House	R 23,300.00	R 23,300.00
1	On-Campus (Pretoria)	R 26,800.00	R 26,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	12 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	12 Aug 2026	On-Campus	Cape Town, South Africa
11 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
11 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
12 Aug 2026	14 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	14 Aug 2026	On-Campus	Mauritius
17 Aug 2026	19 Aug 2026	On-Campus	Durban, South Africa
17 Aug 2026	19 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 120317) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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