



HEALTH AND EXPOSURE MONITORING

This section will help you to identify what the different types of monitoring are, when they are necessary and how it can be carried out. You must carry out monitoring in your work if it is needed, so far as is reasonably practicable. A competent person can help you decide if monitoring is needed.

Health monitoring

What is health monitoring?

Health monitoring means monitoring a person to identify any negative changes in their health. For noise, this is audiometric testing (a type of hearing test).

Who should carry out health monitoring?

Health monitoring needs to be done by a competent person. This is someone who knows how to carry out the monitoring and tell you what the results mean.

For hearing tests, talk to a competent health practitioner (eg an occupational health nurse, occupational physician or an audiologist). To find a competent health practitioner see: www.nzohs.org.nz/member-directory/service-expertise

You can also contact: [New Zealand Audiological Society](http://www.nzohs.org.nz)

Exposure monitoring

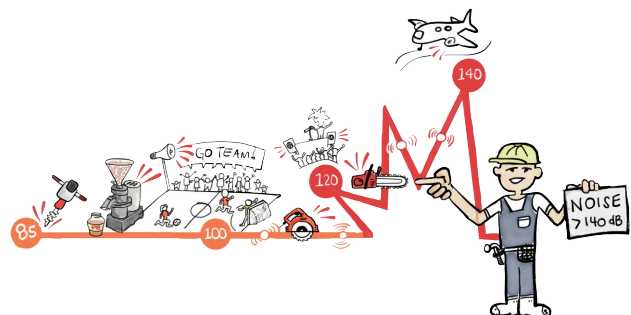
What is exposure monitoring?

Exposure monitoring means measuring the levels of noise in your work, and deciding if they could be harmful to your workers' hearing. For noise, this is a detailed noise assessment.

Who should carry out exposure monitoring?

Exposure monitoring needs to be done by a competent person. This is someone who knows how to carry out the monitoring and tell you what the results mean.

For measuring the noise levels at work, talk to a competent person such as an occupational hygienist. You can find a competent person in exposure monitoring [here](#)



Why should you do health monitoring?

THE PURPOSE OF HEALTH MONITORING IS TO:



make sure that the health of workers is not being harmed from exposure to hazardous noise while carrying out work



make sure that control measures are working effectively



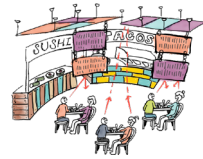
detect early signs of noise induced hearing loss



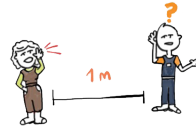
help treat and protect workers who have been exposed to hazardous noise levels.

When do you need to do exposure monitoring?

YOU SHOULD CONTACT AN EXPERT TO FIND OUT IF YOU NEED A DETAILED NOISE ASSESSMENT:



if there are lots of noise sources present at the same site (eg a factory or construction site, sports arena, early childhood centre)



if anything has changed in your work (such as work processes) that may change the noise levels



if previous exposure monitoring has shown hazardous levels of noise in your work



if you are unsure about the noise levels in your work.

What are the next steps?

When setting up a monitoring programme in your work:

1

Involve your workers in the decisions about monitoring. Establish a culture in your work for workers to give feedback.

2

Assess the control measures you already have in place to manage risks from noise and check if they are working.

3

Review the characteristics of your workplace (eg size, number of workers, equipment used).

4

Talk to an expert to see if hearing tests for workers are needed to identify early signs of hearing loss. Your workers must give consent before they participate in any hearing tests.

Monitoring does not replace the need for control measures to manage exposure to hazardous noise levels.

For more information on setting up a monitoring programme in your work, see Sections 5 and 6 of our interpretive guidelines [General Risk and Workplace Management](#)