

NOISE & VIBRATION SAFETY by Shereen Montero

Regulatory Compliance Training under OSHA 2022 &
Regulations 2019

Training Agenda

- 01 Regulatory Landscape (OSHA 2022 Amendments)
- 02 Defining Noise Limits (82 dB Action Level)
- 03 The 3 dB Exchange Rate Principle
- 04 Noise Risk Assessment & Employer Duties
- 05 Hearing Conservation Programs (HCP)
- 06 Vibration Management & Compliance Fines

Modern Regulatory Landscape

On June 1, 2024, the OSHA (Amendment) Act 2022 and FMA (Repeal) Act 2022 took full effect, expanding safety coverage to every workplace in Malaysia. This major shift aligns with the Noise Exposure Regulations 2019, emphasizing proactive risk management and centralized oversight by DOSH.



Defining Noise Exposure Limits

82 dB(A)

Action Level: Mandatory demarcated zones and annual hearing training.

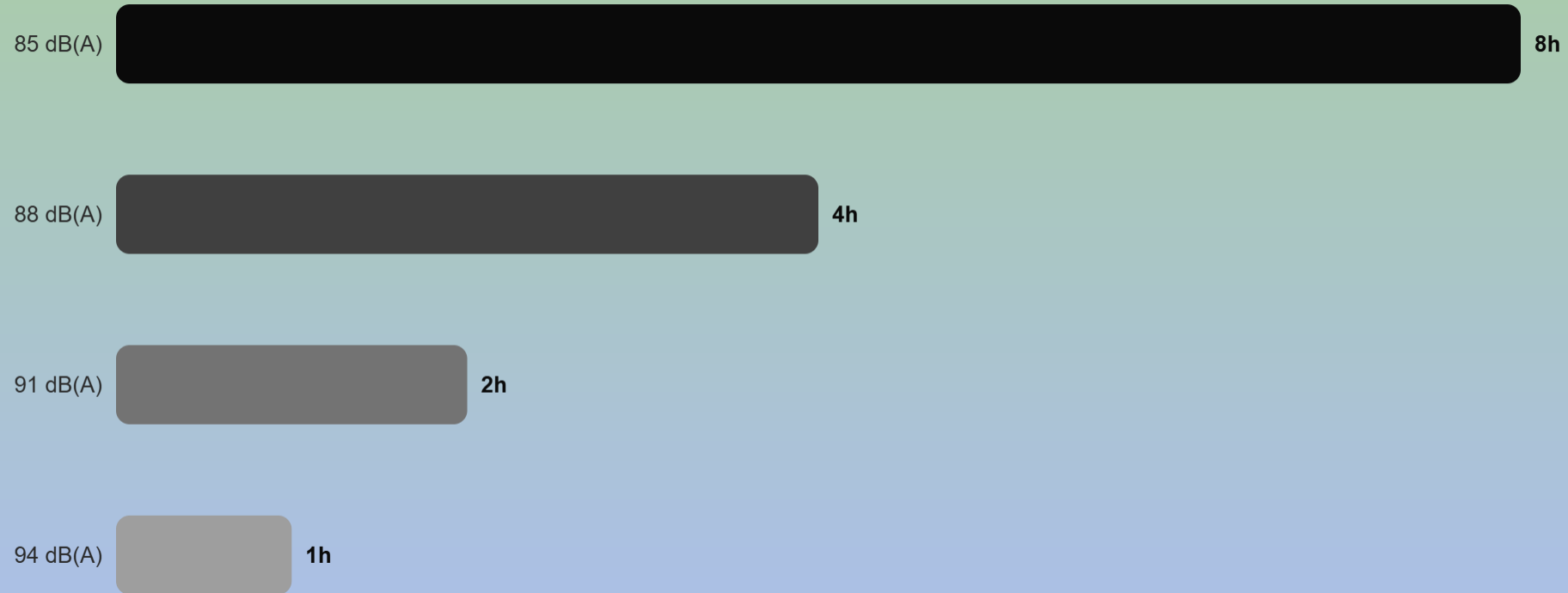
115 dB(A)

Ceiling Limit: The absolute maximum noise pressure allowed at any moment.

140 dB(C)

Peak Limit: Permissible peak sound pressure for impulsive noise levels.

The 3 dB Exchange Rule



Source: DOSH Occupational Noise Guidelines. Every 3 dB increase doubles the sound energy and halves safe duration.

NRA Compliance Workflow

01 Assessment Implementation

Employers must implement Noise Risk Assessment (NRA) recommendations within 30 days of receiving the final report.

02 Long-term Record Keeping

All noise risk assessment reports must be maintained by the employer for at least 30 years as per DOSH regulations.

As of Jan 28, 2025, employers should refer to the new 'Guidance on Occupational Noise Control' to supplement existing 2019 regulations.

Hearing Conservation Pillars

Employers must provide mandatory annual audiometric testing within 3 months of work commencement and annually thereafter. In addition, annual training on noise awareness is compulsory for all exposed employees once every year.



Managing Vibration Hazards



Malaysian DOSH 2024 guidance maintains strict management for Hand-Arm (HAVS) and Whole-Body (WBV) vibration. Control measures include tool selection, mounting dampeners, and administrative rotation to limit individual exposure time.

Compliance & Legal Penalties

RM 50,000

Maximum fine for failing to appoint an OSH Coordinator (required for workplaces with 5+ employees under OSHA 2022).

100%

Coverage expansion: As of June 2024, all industries including SMEs are now fully subject to safety enforcement.



Critical Compliance Deadlines

30 Days: The period allowed for employers to act on Noise Risk Assessment Assessment recommendations.

3 Months: Timeframe to conduct initial audiometric testing for new employees in noise zones.

30 Years: Mandatory retention period for all Occupational Noise exposure records. records.

Compliance Saves Hearing

Protecting Malaysian workers through the OSHA 2022 framework is a shared responsibility of employers and employees and OSH coordinators alike.

THANK YOU