



Student Monitor Training Module: Noise & Machinery

When working in noisy Shops you should wear hearing protection.

- Many machines produce noise at levels (85 decibels or above) which can permanently damage hearing over long periods of time.
- In addition, your body perceives noise as a threat and so goes into “fight-or-flight” mode. Your heart rate and blood pressure increase, your digestive system shuts down to allow extra blood to your arms and legs, you become very tense and “jumpy”. As a result, you will find yourself very tired at the end of the day.
- For these reasons it is important to wear hearing protection. Ear muffs are good, and these are available in all Shops. Some people prefer earplugs, which are available for sale in the Tool Crib, at Aboveground Art Supplies or Curry’s.
- Loud music can also damage the ears – it is remarkable how many rock musicians have serious hearing loss. Turn that volume down as much as you can.

Machinery and Equipment

Machinery and equipment used by Monitors can vary widely.

- Ask your Supervisor how to use the equipment properly, and safely.
- If your Supervisor is unsure, suggest that you both check with a person most likely to have that information. That might be someone in Studio Management; Safety & Risk Management; or IT Services for example.
- Before you use the equipment, take a couple of minutes to think about it and do a Risk Assessment. How do you expect this equipment to operate? What could go wrong? How could it hurt you? What can you do to prevent that?
- Report all problems to your Supervisor.
- If in doubt – ASK! There is no such thing as a dumb question. If you don’t understand the answer, keep asking until you do.
- You have a responsibility to work safely, and we want to make sure that you go home at the end of the day unhurt. So work with us to make your workplace a safe one.