



# UNDERSTANDING NOISE MANAGEMENT AND OCCUPATIONAL SAFETY AND HEALTH (NOISE EXPOSURE) REGULATION 2019

**May 12, 2026 (Tuesday)**  
**8.45 am – 5.00 pm** **FMM Institute, Perak**

Occupational noise exposure remains a significant workplace hazard that can result in permanent hearing loss if not effectively controlled. To address this risk, the **Occupational Safety and Health (Noise Exposure) Regulations 2019** establish legal requirements for managing noise exposure and protecting employees' hearing health in Malaysia. Upon completion, participants will be better prepared to ensure regulatory compliance and to support effective noise management and hearing conservation programmes within their organizations.



## COURSE CONTENTS

### MODULE 1 - LEGAL REQUIREMENT

- (Noise Exposure) Regulations 2019 - Requirements

### MODULE 2 - NOISE MANAGEMENT

- Noise and Decibel (dB)
- Understanding Sound, Noise, Ear structure and functions.
- Hazards and Effects of Noise.
- Sources of noise exposure in job activities

### MODULE 3 - HEARING CONSERVATION

- The purpose of audiometric testing and explanation of the test procedure.
- Noise Reduction at the source.
- Non – occupational sources of noise exposure.
- The purpose of personal hearing protector, advantages, disadvantages and instructions on the selection, fitting, use, care and wearing.

## OBJECTIVES

- To comply to Malaysian Legal Requirement and Prevent Hearing Loss
- To equip participant with knowledge required to improve organizational managements in addressing, managing Noise Hazard and. hearing loss issues.

## LEARNING OUTCOMES

- The organization's administrators shall be able to describe and implement the requirements of Noise Regulation 2019.
- The participants will be able to describe;
  - Noise and the functions of the ear;
  - When Noise becomes Hazardous and hearing loss occurs;
  - The effects of hearing lose and the common types of hearing lose;
  - The control methods to reduce workplace noise, the safe work practices and the importance of the Audiometric hearing test; and
  - The hearing protection device;

## TRAINER

**MR. ANBALAGAN RAMASAMY** holds a Bachelor of Science in Electrical and Electronics Engineering from Southern Pacific University, Certificate in Factory Management from Sanno Institute of Management, Japan. He is a Competent Occupational SH Officer registered with DOSH and an Ergonomic Trained Person. He is also a Certified Lead Assessor in ISO14001 and ISO 45001 and an OHSAS18001:2007 Lead Auditor. He has 32 years of working experience in areas such as Maintenance, Production, Human Resource, Training, EHS and Facilities and his last position was at the Managerial level. His career success includes setting up and facilitating of Small Group Work Teams, Leading TPM Teams, Cost saving projects, Leading Preventive and Predictive Maintenance Teams in setting up Preventive and Predictive Maintenance System, assisted in ISO9001; TS16949; ISO14001; OHSAS18001 certification and recertification.

**MR. ANBALAGAN**, a certified trainer registered with PSMB has conducted numerous OSH related Public and In-House courses since 2005 in areas such as Chemical Safety, Forklift and Reach Truck Competency, Emergency Response, Fire Fighting, Ergonomics Risk Assessment, SH Committee, Safety Inspection, Electrical Safety, EMS, Schedule Waste, ISO 14001 and ISO 45001. In the past, he has conducted courses for organizations such as CS Opto, Mineba Electrical, Jabil, Dorsett Regency Hotel, Molex, Mattel, Southern Steel, Swiss Profile, Robert Bosch, United Sweetheart, Maestro Swiss, Oriental Summit, Agilent, Berjaya Hotel, Amphenol TCS, Hume Cement, Shangri-La Group, Muda Paper Mill, GS Paper & Packaging, Sony Electronics and many others. In addition, his Training expertise includes Environmental, OSH Legislations, HIRARC, Machine Safety, PPE, Warehouse Safety, Accident Investigation and OHSAS 18001.

**Register in Groups & Enjoy More Savings!**

- 2-4 participants: 10% discount
- 5-7 participants: 15% discount
- 8-9 participants: 20% discount

**COURSE DETAILS**

Date **May 12, 2026 (Tuesday)**  
 Time **8.45am - 5.00pm**  
 Venue **FMM Institute Perak, No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak**  
 Medium of Instruction **English**  
 CPD **7 hours**  
 Fees  **Members – RM756.00/pax**  **Non-Members – RM918.00/pax**  
*(Fees inclusive of Service Tax at 8%, Course Materials, Refreshment, Lunch and Certificate of Attendance)*

**WHO SHOULD ATTEND**

The program is tailored for Management / Supervisors / SHOs' and employees on understanding noise risk and management at workplace and the use of personal hearing protectors.

**TRAINING METHODOLOGY**

Class Room / Notes / Videos / Demo

**Closing Date:  
MAY 5, 2026**

**ADMINISTRATIVE DETAILS**

**HRD CORP CLAIMABLE COURSE DETAILS**

- Training Provider: **FMM Institute Perak** ■ MyCoID : **475427W\_PERAK**
- HRD Corp Programme No: **Provided upon confirmation**

**DISCLAIMER**

The FMM Institute reserves the right to change the facilitator, date and to vary / cancel the course should unavoidable circumstances arise. All efforts will be taken to inform participants of the changes.

**REGISTRATION**

- Upon **Faxing/Mailing** the completed **Registration Form** to FMM Institute, you are **deemed** to have read and **accepted** the terms and conditions. The **course** would also be **deemed** as **confirmed** unless informed otherwise.
- Will be based on First-Come-First served basis.

**PAYMENT**

- **Cheques** made in favour of "FMM Institute" should be forwarded to FMM Institute Perak.
- For **HRD Corp Claimable Course**, an **Attendance of 100%** is a **must**, in any case, **employers will be billed in full**.
- FMM Institute SST Registration No. **W10-1901-32000105**
- FMM Institute TIN No. **C10626805080**

**CANCELLATION**

Must be in Writing with Reasons ■ 7 days before the course – No payment charged ■ 3 – 6 days before the course - 50% payment charged ■ < 3 days before the course – Full payment charged ■ Participants who did not turn-up will be charged full payment ■ Replacements can be accepted at no additional cost.

**~ Registration Form ~**

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FMM Institute  
 No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak

Fax: 05-5488221

Dear Sir / Madam, please register the following participant(s) for the above programme.

1.	Name	Designation	
	NRIC	HP No	
2.	Name	Designation	
	NRIC	HP No	
3.	Name	Designation	
	NRIC	HP No	
		Email	

*(Please attach a separate list if space is insufficient)*

We hereby confirmed that *(Please tick (✓) in appropriate box):-*

- We **will be claiming from HRD Corp** and full payment would made to FMM Institute in the event that no disbursement from HRD Corp under any circumstances
- We will **NOT BE CLAIMING from HRD Corp**. Enclosed cheque/bank draft No \_\_\_\_\_ for RM \_\_\_\_\_ being payment for \_\_\_\_\_ participant(s) made in favour of the "FMM Institute".

Submitted by:-

Name:	Designation:	
Company:	Tel:	Fax:
Address:		
Email:	FMM Membership No	