

THE Measure

Keeping you up-to-date with the world of **noise measurement**



It's out with the old and in with the new

**How to trade-in
your existing instrument
and SAVE up to 30%**

Also in this issue:
Ask the Noise Doctor: Rise in NIHL claims
The One Show!
Forthcoming events and courses

Welcome to the first issue of **The Measure**, 2015

You'll notice a slight re-design from the last issue – we wanted to make improvements to help our busy readers identify key articles and contact information easier. We hope you like it!

Another change in this issue is the re-launch of the popular Noise Doctor who now enjoys his very own Q&A column as well as a bit of a makeover. On page 2 he looks at the rise in the number of Noise Induced Hearing Loss (NIHL) claims and the reasons behind them. Remember to follow the Noise Doctor on twitter @TheNoiseDoctor.

We're giving our customers a New Year bonus with a trade-in/ trade-up offer across the full product range. Exchange any

instrument, in any condition, from any manufacturer and benefit from up to 30% savings! See page 3 for more details.

Lastly we enjoyed a stint on the BBC's *The One Show* recently where our very own James Tingay was invited to appear on their live show! Turn to the back page to find out more!



I hope you enjoy this issue – if you have any suggestions or ideas on what we can include in the next issue please get in touch at thomas.shelton@cirrusresearch.com
Thomas Shelton, Editor

Stay connected with the noise experts

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 www.cirrusresearch.co.uk/blog
 www.youtube.com/user/CirrusResearch

Did you know...?

Our e-book is available for download

Cirrus Research has launched a free e-book explaining the five biggest Noise at Work mistakes made by employers.

It also doubles up as a step-by-step guide to completing a Noise At Work Risk Assessment, taking you through the necessary regulations, pitfalls and potential noise monitoring instruments to get the job done.

It's ideal for those just setting out on the first noise risk assessment; covering everything from the Control of Noise At Work Regulations 2005, through to taking accurate readings so potential noise risks in the workplace can be addressed.



The e-book is free to download by visiting <http://more.cirrusresearch.co.uk/biggest-noise-at-work-mistakes-ebook>

Doctor Who? The Noise Doctor Biography

Name: The Noise Doctor.

Occupation: When I'm not saving the Earth from the Decibels, I'm raising noise awareness issues with Cirrus Research plc. Hearing plays an important part in all our lives but there are many dangerous forces at work that can damage your hearing. My biggest concerns are noise at work, environmental noise pollution and noise nuisance.



The Decibel is dangerous in large numbers

Base of Operations: Cirrus Research Noise Laboratory, Hunmanby.

Enemy: The Decibels are my oldest enemy. One Decibel isn't very dangerous but in large groups they can be very nasty, damaging your hearing and polluting our environment.

Interests: I enjoy long walks on the beach, fine cuisine, gardening and travelling the sound waves.

I want everyone to be aware of the risks that noise can pose to your hearing, so I'll keep talking about them frequently. Feel free to join my discussions on twitter by following @TheNoiseDoctor



Ask the Noise Doctor

Hello and welcome to my first official Q&A column of 2015 following my recent makeover. This issue I want to look at NIHL (Noise Induced Hearing Loss) and try to answer the question...



Why the sudden rise in NIHL related claims/awareness?

Actually the rise in NIHL awareness isn't that sudden but a better understanding of the issue and its health implications has been growing over the last few years.

The more recent awareness seems to centre on the sudden interest being expressed by Injury at Work lawyers who are essentially looking for their next 'cash cow' now that the miners' vibration/white finger claims are drying up and insurance companies have become wiser to whiplash claims.

In the UK there are already call centres specifically dealing with NIHL cold calling and once that amount of resource is dedicated to a cause the claims are sure to follow.

Having said that, the risk to business and their employees who fail to monitor and assess noise in the workplace is still there. This was highlighted recently when a former roadman received £9,000 in an Out of Court settlement after being diagnosed with NIHL.

This permanent condition was allegedly due to excessive noise exposure at his workplace in Gateshead, taking place over more than 25 years. The 48-year-old road worker was employed by the Highways Department from 1988 to the present day and during this time was exposed to excessive noise levels whilst working on-site. Here noise levels were so high the only way to communicate with fellow workers was to shout or use sign language.

Through increased awareness and tighter occupational health legislation, cases of NIHL or industrial deafness had plateaued but it will be interesting to see the next set of data to come out for 2013/14.

Despite the improvements, Health and Safety Executive (HSE) statistics between 2009/10 and 2011/12 show around 19,000 industrial deafness cases were reported that were either caused, or worsened, by high levels of noise at work.

The industries with the largest number of new hearing loss cases are manufacturing, construction and extraction, energy and water supply.



Follow the Noise Doctor on twitter @TheNoiseDoctor

New Year's Resolution: **SAVE UP TO 30%**

Start your 2015 off the right way with Cirrus Research. Exchange your existing noise measurement instruments to secure your discount of up to 30%.



Trade-in your existing instrument and SAVE MONEY!

ANY Instrument
ANY Condition
ANY Manufacturer

This is a like-for-like offer. For example, if you trade-in a personal dosimeter, your discount would count against the Cirrus doseBadge.

More Than Just 30% Savings

Whether you are trading in or trading up, you will also receive these additional extras:

- **15-Year 'No Quibble' Warranty**
Giving you total peace of mind
- **dB Advantage Card**
£1,000 FREE benefits with discounts off training and calibration
- **FREE NoiseTools Software**
Easily analyse your noise data with our licence-free software
- **UK Training & Support**
Our Noise Experts are always on hand to help
- **Calibration Services**
Maintain the accuracy of your instruments every year



Don't miss out on your chance to save 30% on noise measurement instruments.

**Offer runs until
30 June 2015**

**Call us on 0845 2302434
Email: sales@cirrusresearch.co.uk**

Optimus® Red – As Seen On TV!



When the BBC needed a noise expert to appear on their flagship *The One Show*, it didn't take long for them to call Cirrus Research.

The popular current affairs programme was covering a story about movie etiquette, following on from a national survey that looks at annoying habits when people are sat in the cinema.

Presenters Chris Evans and Alex Jones needed a noise expert urgently to take audio readings in the studio as part of a live TV discussion on the rights and

wrongs of movie-going behaviour such as popcorn munching and drink slurping.

Cirrus' very own product development specialist James Tingay had to hot foot it from our Head Office in Yorkshire to the London studios for rehearsals and then the live show on Friday night.

"It was all a bit surreal," said James. "One minute I am in the office minding my own business, the next I am heading down to London and chatting with Chris Evans and Sir Bob Geldolf who was also on the show that night!"

News Round-up:

Noise is still very much in the headlines with national coverage on a range of issues from the serious to downright surreal.

Clubs under threat

Some of the UK's best loved small clubs are under threat from noise nuisance complaints say campaigners, unless there is a change in the law. Affectionately known as the 'toilet circuit', the network of small music venues across Britain are often credited with nurturing the talent of future singing stars.

But now these noisy backroom clubs are facing the threat of closure unless there is a change in the law to protect them from residents seeking to enforce noise pollution orders and developers converting neighbouring office blocks to apartments.

And finally.... there was acres of coverage on Bernard the singing 6ft polar bear who was being threatened with a noise related ASBO after a mystery complaint about him. He had been entertaining guests outside a café in Shefford, Bedfordshire, in the run up to Christmas.

You noisy burgers!

A young Scottish mum is trying to get her local McDonald's restaurant to pipe down in the early hours after complaining to her local council of the noise from burger munching customers.

That's no surprise, surprise to us Cilla!

Veteran singer Cilla Black is apparently blaming the noisy nightclubs of her youth for causing the deafness she now suffers from in her twilight years. It seems that there has been a lasting health legacy for the 70-year-old from her many nights in iconic settings such as The Cavern – but not in a good way!

On our travels!

5 Feb 2015	Occupational Safety & Health Forum 2015 Radisson Blu, Stanstead, UK
24-26 Mar 2015	The Health & Safety Event 2015 NEC, Birmingham, UK
1-3 Jun 2015	American Industrial Hygiene Conference & Exposition 2015 Salt Lake City, Utah, USA
7-9 Jun 2015	American Society of Safety Engineers 2015 Dallas, Texas, USA
16-18 Jun 2015	Safety & Health International Excel, London, UK
9-12 Aug 2015	Internoise 2015 San Francisco, CA, USA
10-12 Aug 2015	NoiseCon 2015 San Francisco, CA, USA
28-30 Sept 2015	National Safety Council Congress & Expo 2015 Atlanta, GA, USA

Noise Academy

Cirrus is relaunching its training programmes for 2015 with new dates, new opportunities and additional online support.

The new programme will be known as the 'Noise Academy' with everything to do with after-sales training support and education materials included under the new brand. This will cover all training courses, e-books, useful online webinars and new video-based modules.

"The courses we run already count towards CPD points and we are also exploring the option of future courses that are IOSH accredited," says Cirrus Marketing Manager Tom Shelton. "We want to make material readily available so we'll be providing online resources inbetween course dates as refreshers too."

Look out for the new Noise Academy page on our website

www.cirrusresearch.co.uk/training

2015 Noise Academy dates

5 Feb 2015	Oulton Park Circuit, Cheshire	1-3 Jun 2015	Brands Hatch Circuit, Kent
24-26 Mar 2015	The East Midlands Conference Centre	7-9 June 2015	Castle Combe Circuit, Wiltshire

Cirrus Research plc, Acoustic House, Bridlington Road, Hunmanby, North Yorkshire YO14 0PH United Kingdom



For more information: Telephone UK: 0845 2302434
Fax: +44 1723 891742 **Web:** www.cirrusresearch.co.uk

International: +44 1723 891655
Email: sales@cirrusresearch.co.uk