

What is Noise Pollution?	1
Sources of Noise Pollution	1-2
Noise Threatens Hearing	2
Pay Attention to the Warning Signs	2
Protect Your Hearing	2
Other Human Health Effects	3
Kaizen and Noise Monitoring	3
Green Resolutions for the New Year!!	4
Kaizen Sponsors First Prize at C.I.S.S Parang Competition	4

KAIZEN ENVIRONNEWS

What is Noise Pollution?

Noise is an unwanted sound; its intensity ('loudness') is measured in decibels (dB). It is not just the intensity that determines whether noise is hazardous. The duration of exposure is also very important.

Noise pollution (or **environmental noise**) is displeasing human- or machine-created sound that disrupts the activity or balance of human or animal life. A common form of noise pollution is from transportation.



Sources of Noise Pollution

Noise pollution like other pollutants is also a by-product of industrialization, urbanization and modern civilization. Broadly speaking, the noise pollution has two sources, i.e. industrial and non-industrial. The industrial source includes the noise from various industries and big machines working at a very

high speed and high noise intensity.

Non-industrial sources of noise include the noise created by transport/vehicular traffic and the neighborhood activities. Noise pollution can also be divided into categories of natural and man-made. Most leading noise sources will fall into the following categories: roads traffic, aircraft, railroads, construction, industry, noise in buildings, and consumer products.



Sources of Noise Pollution cont'd

Type of Environmental Noise Sources	Examples
Transportation	Aircrafts, trains, road vehicles, vessels
Industrial Buildings	Factories, machineries, air-conditioning systems
Commercial Buildings	Office buildings – air condition systems Restaurants —air conditioning systems, kitchen ventilating systems
Construction Sites	Site Formation (e.g. excavation), piling, road work, demolition, renovation
Domestic Building	Musical Instruments, Television
Public Places	Open markets, parks
Products	Motor vehicles, intruder alarms of buildings

Noise Threatens Hearing

Noise is one of the leading causes of hearing loss, and health statistics suggest a trend that the incidence of hearing loss is occurring at younger and younger ages. Noise-induced hearing loss, though preventable, is permanent.

Pay Attention to the Warning Signs

Noise-induced hearing loss is cumulative across the life span. Often, by the time a person realizes that there is hearing loss, it is too late. But there are certain early warning signs to suggest that there may be a problem. If you experience any of the following early warning signs, have your hearing tested by a licensed audiologist, or have your ears examined by an ear doctor.



- A ringing or buzzing (tinnitus) in the ears immediately after exposure to noise.

- A slight muffling of sounds after exposure making it difficult to understand people when you leave a noisy area.
- Difficulty understanding speech; that is, you can hear all the words, but you can't understand all of them.

Protect Your Hearing

To avoid noise-induced hearing loss, pay attention to the noises around you and turn down the volume whenever possible. Wear adequate hearing protection, such as foam ear plugs or ear muffs, when you must be in a noisy environment or when using loud equipment.



http://i181.photobucket.com/albums/x17/5/weirdscience_photos/Earplugs.jpg

Other Human Health Effects

Noise pollution can also damage health, physiological and psychological, and can cause annoyance and aggression, hypertension, high stress levels, sleep disturbances, and other harmful effects.

Some of those can cause other consequences like stress and hypertension and can lead to depression and panic attacks.

High noise levels can contribute to cardiovascular effects and exposure to moderately high levels during a single eight hour period causes a statistical rise in blood pressure.

Kaizen and Noise Monitoring

The **PROJECTServices** division of Kaizen executes environmental consulting and contracting in the form of project works. This division has three service sections one of which is Measurement where services for Noise Monitoring are carried out, this includes a 24-hr Call-Out/Rapid Response and continuous monitoring service .

The Measurement section is fully supported by the **EnviroPRODUCTS** division of Kaizen, which comprises the sales and rental of noise monitoring equipment for detection and data acquisition. Kaizen has a complete selection of noise monitoring systems . These include, but are not limited to the following:

Quest Dosimeter

The Quest noise dosimeters are powerful, practical, and affordable. Quest noise dosimeters and Quest Suite Professional software are the proactive "System Solution" to reducing and preventing workplace noise.

The unit has many programmable settings to serve a variety of noise assessment applications. These settings can be auto-configured to meet specific regulatory standards.



Quest Noise Monitor

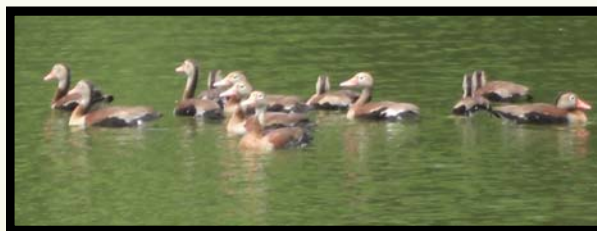


The Quest Model 2800 functions as a Sound Level Meter, impulse or integrating sound level meter. In all modes, this model delivers type 2 accuracy for noise measurements and statistical analysis.

It provides comprehensive data for occupational and environmental noise measurements and is easy to set up and operate. The meter can display and print sound level, integrated sound level, max level, min level, sound exposure level, peak, and impulse readings. The clear, easy-to-read digital readout is complimented with a unique quasi-analog bar graph.

Green Resolutions for the New Year!!

1. Recycle and find out what recycling services and facilities are available in your area.
2. Get involved in a conservation project. Join a local tree planting or beach care restoration group.
3. Commit to switching off. Switch appliances off to increase energy savings.
4. Say no to plastic bags and reuse shopping bags on all your shopping trips.
5. Buy fewer disposable items. Look for long-lasting goods, you'll reduce waste and save landfill space.
6. Compost leaves and garden trimmings. The compost will improve your garden soil while reducing waste.
7. Carpool—carpooling helps reduce air pollution and traffic congestion.



Kaizen Sponsors First Prize at C.I.S.S Parang Competition

Citizens in Service of San-Fernando is a non-profit organization dedicated to the enhancement of San Fernando and environs as well as to bring greater awareness of the area to the wider cross section of Trinidad.

As part of their fund raising drive towards this cause CISS produces a parang on the hill competition with the nation's top parang bands competing. In support of this venture and in conjunction with Kaizen's commitment to our local culture, Kaizen has been sponsoring the first prize for "Parang on De Hill" for the last three years.



Happy New Year From the Management & Staff of



Kaizen Environmental Services (Trinidad) Limited. # 18 Casuarina Avenue, Pointe-a-Pierre. Trinidad, W.I.

Phone: (868) 658-0088 , Fax.: (868) 658-1195

Website: www.kaizen-tt.com

Chief Editor/ Graphic Artist: C. Peters. Editorial Committee: D. de Freitas, F. Ali, K. Lucky, K. de Freitas, C. Dass, C. Harnam