



Council for Accreditation in Occupational Hearing Conservation
Sandra MacLean Uberuaga, MA, CCC-A, F-AAA, C/PS
CAOHC Certified Course Director
www.AlaskaOccupationalAudiology.com

OCCUPATIONAL HEARING CONSERVATION COURSE 2010

**Approved Industrial Hygienist ABIH / Certified Safety Professional
BCSP Continuing Education Credits**

June 2-4, 2010

***CAOHC Recertification only Attend June 3, 2010**

Classes conveniently located at
Alaska Railroad
Anchorage Operations Center
825 Whitney Road Rm #201
Anchorage, AK 99501

Note you **MUST** be certified at the time of the class to attend the recertification

For information, syllabus or to register for the class contact: [Alaska Occupational
Audiology & Health Services, Inc.](http://AlaskaOccupationalAudiology.com) (907) 360-2335 or 1-800-442-1573 or email
smaclean@aol.com

The course(s) being offered strictly follow the guidelines and requirements of CAOHC for certification and recertification as an Occupational Hearing Conservationist (OHC). The OHC is trained to conduct the practice of hearing conservation including pure-tone air-conduction hearing testing and associated duties with supervision. The OHC is a key member of the Occupational Hearing Conservation Program Team. OHC's can also provide services at Occupational Health clinics and in Occupational settings.

This class is also very well suited for those responsible for administration of, and duties associated with hearing conservation programs, providing knowledge in all areas of HCP's as well as the very latest information in practical applications, advances and technology in the field. It is an excellent educational opportunity for Industrial Hygienists and Certified Safety Professionals to obtain 20 approved continuing education credits.

~Continued~

Course Objectives: To prepare students to be eligible for certification through the CAOHC. Students will gain background knowledge as well as a basic and fundamental understanding of the following:

- A. Responsibilities of an OHC and other members of the OHC Program Team**
- B. Basic anatomy and physiology as they relate to hearing evaluation & injury**
- C. Types and causes of hearing loss and how to differentiate them**
- D. Parameters of sound as they relate to hearing conservation & noise measurement**
- E. Noise and hearing regulations: Federal, State, OSHA, MSHA (as applicable)**
- F. Types of audiometric & noise assessment instrumentation**
- G. Performance check and calibration of audiometric instrumentation**
- H. Care and troubleshooting of instrumentation, (audiometric and noise monitoring)**
- I. Pure-tone threshold testing and otoscopic examination techniques**
- J. Appropriate feedback to employees concerning audiometric test results, hearing protection usage and criteria for employee referral**
- K. Practical concepts, methods and principles of noise measurement (dosimetry, octave band analysis) and discussion of noise mitigation measures.**
- L. Hearing protection devices (HPD's)**
 - 1. Types and selection including newest technology HPD's**
 - 2. Fitting, as well as training employees to fit and use**
 - 3. Monitoring use of HPD's and interference with communication**
 - 4. Identify cases of overprotection and how to keep the workplace safe**
- M. Employee hearing conservation education, training, and motivation, including motivating employees to protect their hearing on AND off the job**
- N. Basics concepts and principles of hearing conservation program audit/evaluation**
- O. OSHA 300 and HCP recordkeeping parameters and requirements**
- P. Hot topics in hearing conservation (eg. Ototoxic chemicals, antioxidant drug therapy, objective HPD assessment (FITCHECK), Worker's compensation claim management**

CAOHC Course Director Background

Sandra MacLean Uberuaga, MA, C-AAA, F-AAA C/PS, an occupational audiologist, holds a master's degree and certificate of clinical competence in Audiology. She is a member of the American Speech Language and Hearing Association and a fellow of the American Academy of Audiology. Other memberships include the Acoustical Society of America, American Society of Safety Engineers and the National Hearing Conservation Association. Sandra has served as a CAOHC course director since 1988, certifying occupational hearing conservationists/audiometric technicians. She is also a certified as a Professional Supervisor through CAOHC.

Sandra is the owner of Alaska Occupational Audiology & Health Services, Inc. and Washington Audiology Services, Inc. Both are corporations providing hearing conservation services, consultation and support. These companies also provide the occupational community with professional consultation including claims review, accommodation of workers with hearing loss, audiological services, mobile hearing testing, noise level studies, employee training and objective measurement of attenuation and fitting of hearing protection devices to assist employers toward compliance and effective hearing conservation.

Sandra frequently presents on local, national and international levels regarding issues of hearing conservation, workplace assessment, communication enhancement and safe accommodation of workers with hearing loss. She has demonstrated both passion and a commitment towards excellence in hearing conservation for over 30 years. She is a six time Golden Lobe Award winner given by the National Hearing Conservation Association for outstanding contribution. When not working, Sandra is an avid fisher woman, enjoys the outdoors, international cooking and travel.

Register early as class size is limited. An eight hour recertification classes is offered and is on the second day only. Initial certification students attend all 3 days. Registration form is included or available from email address above. The course fee includes a \$60 CAOHC certification fee (upon successful completion of the course, practicums, and examination), meals and refreshments, all supplies and reference materials **The Full three day certification class fee is \$650. The one day Recertification course (required every 5 years) fee is \$340.00 and includes the recertification fee. CAOHC manuals (recommended) are available for purchase for \$65. Continental Breakfasts, lunches and refreshments /snacks will be provided for all attendees. Go to CAOHC.org for more CAOHC information. [Industrial Hygiene Continuing Ed points approved by ABIH 3.0pts for 2 2/3 day class and 1 point for the 1 day class. CSP credits are also available](#)**

TESTIMONIALS

It's great to have a nationally recognized instructor. Very knowledgeable! GB 2004

Instructor was excellent! Very knowledgeable, enthusiastic and she sincerely enjoyed the topic. Great class. DW 2006

This course was very educational besides practical. I really enjoyed the hands on experience and loved the style of teaching. AH 2008

I enjoyed the class – very informative. I like that the instructor truly cares about conservation of hearing – not just compliance to regulations. JG 2008

The food was awesome. The course was kept lively and engaging. TC 2008

**Council for Accreditation in Occupational Hearing Conservation
OHC Certification Course June 2-4, 2010
825 Whitney Road Rm #201
Anchorage, AK 99501**

**Course Director: Sandra MacLean Uberuaga, MA, CCC-A, F-AAA, CPS-A
Alaska Occupational Audiology & Health Services, Inc.
Occupational Audiologist/President
907-360-2335 ~ smaclean@aol.com**

***Full Certification (Initial and expired certifications) attend all 3 days
Recertification (only those currently certified) – Wednesday Only***

Wednesday June 2, 2010

Day 1 of 3 for full certification students

8:00 AM – Continental breakfast and coffee

8:15 AM – Introduction to Hearing Conservation Programs

8:45 AM – Anatomy and Physiology of the Ear

9:45 AM – Break

10:00 AM – Hearing & the Physics of Sound

10:45 AM – Noise Measurement & Control

11:30 AM – Training, “The Hearing Video”

11:50 AM – Lunch (Provided)

12:20 PM – Federal and State Regulations, Workers Compensation

12:35 PM –OSHA Recordkeeping

12:50 PM – Audiometer & Test Environment

1:50 PM – Break

2:00PM – Manual Audiometric Technique

2:30 PM – Audiometric Practicum (Supervised) (3:45 PM – 4:00 PM Break)

4:00 PM – Resume Audiometric Practicum

5:00 PM – End

Thursday June 3, 2010
Day 2 of 3 for full certification students

Day 1 of 1 for those eligible for recertification with CAOHC

7:45 AM - Coffee and continental breakfast

8:00 AM – **Role of the Occupational Hearing Conservationist**

8:30 AM – **Federal and State Regulation
AK-OSHA Consultation**

9:30 AM – Break

9:45 AM – **Audiometer and the Test Environment**

10:15 AM – **Audiometer Techniques**

10:45 AM – **Understanding the Audiogram,**

11:45 PM – Break

12:00 PM – **Record Keeping** “working” lunch (box lunch provided)

12:45 PM – **Employee Training, Education & Motivation**

1:30 PM – Break (Practicum Setup)

1:45 PM – **Personal Hearing Protection Devices (HPD's)**

2:45 PM - **Audiometric Practicum (Supervised)**

3:15 PM – **HPD Fitting Practicum (Supervised)**

3:45 PM – **Web Training Tools** (until **4:15 PM Dismissal** for 3 day attendees)

3:45 PM – **Audiometric Practicum & Evals** (for 1 day Recertification Students)

4:15 PM – **Written Examination for Recertification Students**

4:45 PM – **Exam Review**

5:00 PM – **End for Recertification Students (4:15 for Full Certification Students)**

Friday June 4, 2010
Day 3 of 3 for Full Certification

8:00 AM – Continental Breakfast and Coffee

8:15 AM – Hot Topics in Hearing Conservation

8:45 AM – Hearing Protection Devices Fitting Practicum

9:15 AM – Otoscopic & Audiometric Practicum & Practical Exams

10:00 AM – Break

10:15 AM – Review of Audiometric Evaluation

11:15 AM – Final review of Hearing Conservation Programs (Lunch Provided)

12:15 PM – Break

12:30 PM – Written Exam

1:30 PM – Review

2:00 PM – End



Council for Accreditation in Occupational Hearing Conservation Approved Course

Course Director: Sandra MacLean Uberuaga, MA, F-AAA, C-AAA

Alaska Occupational Audiology & Health Services, Inc.

www.AlaskaOccupationalAudiology.Com

825 Whitney Road Rm #201

Anchorage, Ak 99501

June 2-4, 2010

Wednesday June 2nd 8am to 5:00 pm

*Thursday June 3rd 7:45am to 5:00 pm

(*Refresher Class Date)

Friday June 4th 8am to 2:00 pm

(Initial Certification Students attend all three days)

Classes will be held at:

AKRR Anchorage Operations Center

825 Whitney Road Rm #201

Anchorage, Ak 99501

Registration: To register for this course, please contact us and complete the form below.

Note ABIH Approved Continuing Education: 3 Full Units (20 hrs) for three day class and 1 for one day Refresher Course

Register early as class size is limited. The fee for the three day initial certification course which includes a \$60 CAOHC administered certification fee (upon successful completion of the course, practicums, and examination), the three day class and all reference materials, breakfast lunch and snacks is \$650. The Refresher course fee is \$340.00 which includes the certification fee, one day class and materials CAOHC Manuals are recommended and can be purchased (check or VISA) at the class for \$60 Go to CAOHC.Org for information regarding the manual and CAOHC

Continental Breakfast (served ½ hour before each days start time) a full lunch and break refreshments will be provided.

Payment: Space can only be held with payment for the course. Please call if you have questions. Advance notification of cancellations or withdrawals is expected to avoid cancellation fee; naming a substitute is of course acceptable.

Name: _____ Title: _____

Company: _____

Billing Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Fax: _____

E-mail _____ CAOHC Cert. # and Expiration Date _____

(For those attending refresher course only)

Select Course: Initial Course (20 hours - \$650.00) or Refresher Course (8 hours - \$340.00)

CAOHC Manual (4th Edition) **Recommended (\$60)** See CAOHC.ORG for description

Payment Option: We accept checks and credit cards. However, in the interest of your security we do not take your credit card information via e-mail. Please forward your card information by phone, fax, or mail. Our fax # for registration is **1-206-764-4760**

Please remit your check and mail your payments to:
Alaska Occupational Audiology & Health Services, Inc.
c/o Washington Audiology Services, Inc.
6987 Perimeter Road South, Suite 100
Seattle, Washington 98108
Tax ID# 91-1422967



For more information, please don't hesitate to contact us by phone or e-mail. Our telephone number is (907) 360-2335 (Sandra) and (800)442-1573 (Melissa or Taylor). An additional contact for questions or credit card payments is 1-800-442-1573 E mail address contacts are **SMACLEAN@AOL.COM** or **AKAUDIOLOGY@AOL.COM**

DIRECTIONS AND ACCOMMODATIONS

Take the A Street Bridge westbound.

Take the Port Exit. At stop sign(Ocean Dock Road) turn left.

Turn left onto Whitney Road (If you cross a bridge you have gone too far)

Follow the road a few blocks. Pass Craig Taylor Equipment on your left.

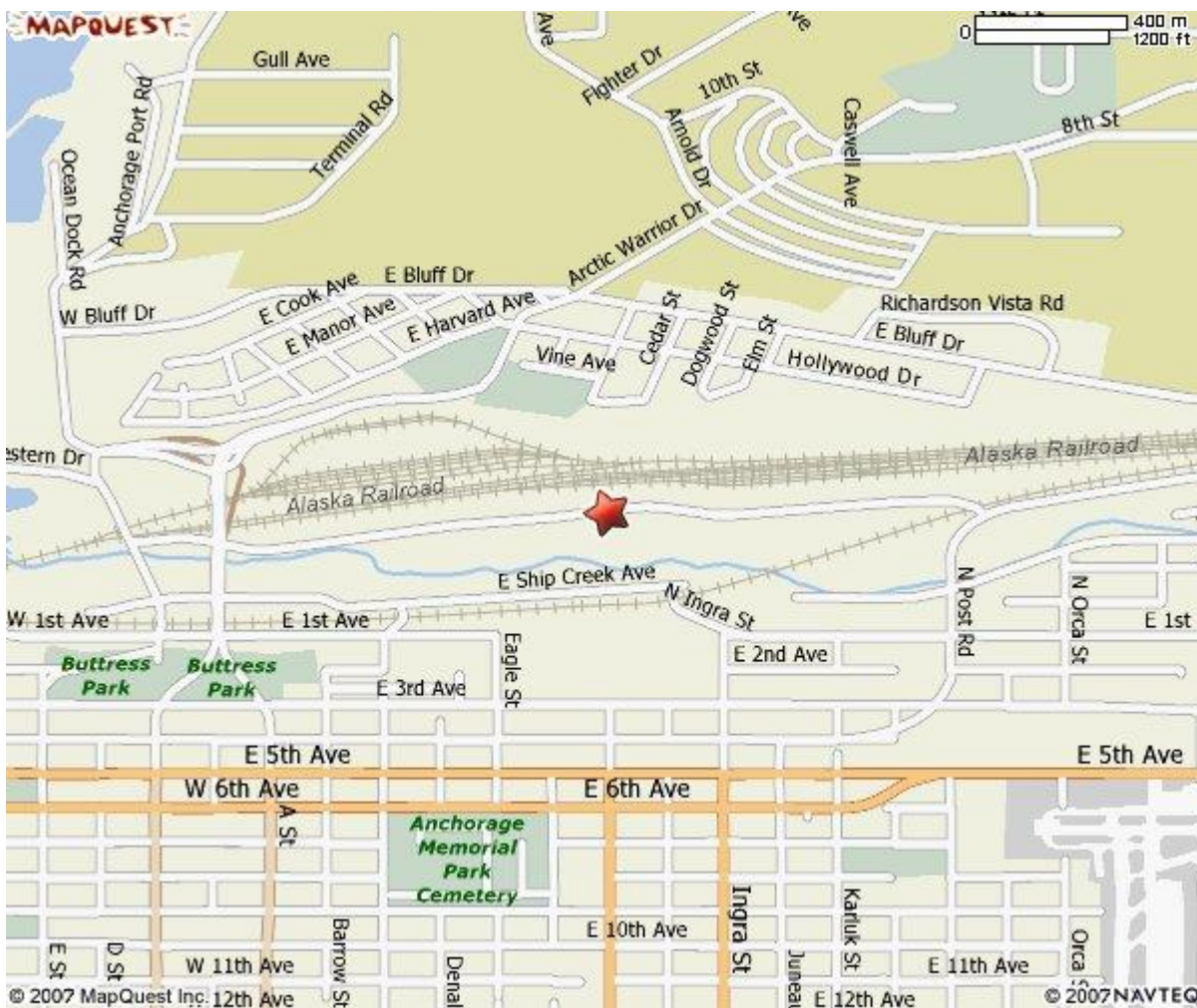
Watch for the AK Railroad Building on your left @ 825 Whitney Road

The entrance is at the far side of the building. The building is secured.

Use the telephone to gain entry. Tell them you are there for the class

The class is being held on the 2nd floor, Room 201 just beside the elevator.

Call our cell at 360-2335 if you need to gain entry into the building.



Accommodation within walking distance

Comfort Inn Ship Creek

111 Ship Creek Ave.

Anchorage, AK, US, 99501

Phone: (907) 277-6887

www.comfortinn.com

hotelhelp@choicehotels.com

June rate for AK Resident 2010 is \$179+tax