



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

OCCUPATIONAL HEARING CONSERVATION COURSE 2011

Approved Industrial Hygienist ABIH / Certified Safety Professional

BCSP Approved Continuing Education Credits

November 30 – December 2, 2011

*CAOHC Recertification only Attend December 1st

Course now conveniently located in Midtown at
Alaska Interstate Construction, LLC
301 West Northern Lights Blvd.
Suite 600 ~ Training Center
Anchorage, Alaska 99503
Top Floor of the Wells Fargo Bank Building

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 Audiometry & Health Services, Inc.](http://AlaskaOccupationalAudiology.com) (907) 360-2335 or 1-800-442-1573 or email smaclean@aol.com

The course being offered strictly follows 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 CPS-A, an occupational audiologist, holds a master's degree and certificate of clinical competence in Audiology & Pathology. 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 National Hearing Conservation Association and the NFPA. 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, custom hearing protection, 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), all supplies and reference materials **The Full three day certification class fee is \$675. The one day Recertification course (required every 5 years) fee is \$350.00** and both include the certification fee. CAOHC manuals (recommended) are available for *purchase* for \$60. 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 November 30 – December 2, 2011**

**Wells Fargo Building
301 West Northern Lights Blvd.
Suite 600 ~ Training Center
Anchorage, Alaska 99503**

**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) – Thursday Only*

Wednesday November 30, 2011

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
Industrial Hygienist**

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 December 1, 2011
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 Regulations

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 December 2, 2011
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, CCC-A, CPS-A
Alaska Occupational Audiology & Health Services, Inc.
www.AlaskaOccupationalAudiology.Com

301 West Northern Lights Blvd. Suite 600 ~ Training Center
Anchorage, Alaska 99503~ Top of the Wells Fargo Building
November 30 – December 2, 2011

Wednesday Nov 30th 8:00am to 5:00 pm
 *Thursday Dec 1st 7:45am to 5:00 pm
 (**Refresher Class Date*)
 Friday Dec 2nd 8:00am to 2:00 pm
 (*Initial Certification Students attend all three day*)

Classes will be held at:
301 West Northern Lights Blvd.
Suite 600 ~ Training Center
Anchorage, Alaska 99503

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 (8hr) for one day 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 \$675. The Refresher course fee is \$350.00 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 - \$675.00)** or **Refresher Course (8 hours - \$350.00)**
 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 IAN@ALASKAOCUPATIONALAUDIOLOGY.COM