



## Council for Accreditation in Occupational Hearing Conservation

*Promoting the conservation of hearing by enhancing the quality of occupational hearing conservation programs*

Council for Accreditation in Occupational Hearing Conservation  
Sandra MacLean Uberuaga, MA, CCC-A, F-AAA, CPS-A  
CAOHC Certified Course Director since 1988  
CAOHC Certified Professional Supervisor/Audiometric Monitoring Program

## OCCUPATIONAL HEARING CONSERVATION CERTIFICATION COURSE

### Three Day Course

**Up to 20 Hours Continuing Education Credits**

For CAOHC Recertification attend day two only

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

Course offered regularly in Anchorage AK, Seattle WA, your specific site or designated location throughout the United States by contract

For information, syllabus or to register for the class contact visit our website: [Nevada Occupational Audiology & Health Services, Inc. Phone \(907\) 360-2335 or toll free at 1-800-442-1573 or Email \[smaclean@aol.com\]\(mailto:smaclean@aol.com\)](http://NevadaOccupationalAudiology.com)

The course being offered strictly follows the guidelines and requirements of CAOHC for certification and recertification as an Occupational Hearing Conservationist (OHC) and fulfills MSHA requirements for certification. 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 up to 20 continuing education credits. Nurses and medical assistants in an Occupational or Occupational Clinic setting can benefit. Nursing credits have been awarded for attendees of past classes.

~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, FRA (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
- Q. For contract classes special focus on the procedures, PPE and forms used by the employer

## CAOHC Course Director Background

Sandra MacLean Uberuaga, MA, CCC-A, F-AAA CPS-A, an occupational audiologist, holds a master's degree in Audiology & Pathology 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 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 Nevada Occupational Audiology providing hearing conservation services, consultation and support and also provides 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 a passion and a commitment towards excellence in hearing conservation for over 32 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, hunter, 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 \$75.00 CAOHC certification fee (upon successful completion of the course practicums, and examination), all supplies and reference materials, and both include the certification fee. **The Full three day certification class fee is \$690. The one day Recertification course (required every 5 years) fee is \$365.00.** CAOHC manuals (recommended) are available for purchase for \$60.00. Continental breakfasts, lunches and refreshments/snacks will be provided for all attendees. Go to [CAOHC.org](http://CAOHC.org) for more CAOHC information.

## TESTIMONIALS

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

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

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

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

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

# **Council for Accreditation in Occupational Hearing Conservation OHC Certification Course**

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

**Full Certification (initial and expired certifications) attend all 3 days  
Recertification (only those currently certified) –attend 2<sup>nd</sup> day only**

## **Day 1 (Full Certification)**

**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**

**2:00 PM – 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**

## **Day 2 (Full Certification & Recertification)**

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

**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)**

## **Day 3 (Full Certification)**

**8:00 AM – Continental Breakfast and Coffee**

**8:15 AM – Hot Topics in Hearing Conservation**

**8:45 AM – Hearing Protection Devices Fitting & Otoscopic Practicum**

**9:15 AM – 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 – End Written Examination**



# Council for Accreditation in Occupational Hearing Conservation

Promoting the conservation of hearing by enhancing the quality of occupational hearing conservation programs

**Council for Accreditation in Occupational Hearing Conservation Approved Course**  
**Course Director: Sandra MacLean Uberuaga, MA, F-AAA, CCC-A, CPS-A**  
**Nevada Occupational Audiology & Health Services, Inc.**  
**907-360-2335**

Day One	8:00 am to 5:00 pm	Class times are adjustable and subject to change (Initial Certification Students ~ all three days) (Recertification attend 2 <sup>nd</sup> day only)
Day Two	8:00 am to 5:00 pm	
Day Three	8:00 am to 1:30 pm	

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

Register early as class size is limited. The fee for the three day initial certification course which includes a \$75.00 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 \$690.00. The Refresher course fee is \$365.00 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 \$60.00. Go to [www.caohc.org](http://www.caohc.org) for information regarding the manual and CAOHC. Continental Breakfast (served 1/2 hour before each days start time), a full lunch and break refreshments will be provided.

**Payment:** **Space can only be held with payment of course registration fee in advance.** Course size is limited and space is held on a paid first come first served basis. Please call if you have questions. Certification applications are not sent to CAOHC until after the individual's course fee is paid. 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 - \$690.00)** or  **Refresher Course (8 hours - \$365.00)**  
 **CAOHC Manual (5<sup>th</sup> Edition) Recommended (\$60.00)** 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 **1-206-762-6971**

Please remit your check and mail your payments to:  
Nevada Occupational Audiology & Health Services, Inc.  
c/o Washington Audiology Services, Inc.  
635 Andover Park West, Suite 111  
Seattle, Washington 98188  
Tax ID# 91-1422967



For more information, please don't hesitate to contact us by phone or e-mail.  
Instructor: Sandra MacLean (907) 360-2335 or [smaclean@aol.com](mailto:smaclean@aol.com)