

**SIM 05 05 01 NIHL Prevention
Track C Education and awareness**

Guidelines for Trainers Volume 2

Use of the video programme

"To Hear or Not to Hear: The Choice is Yours"

Educational/Motivational Module and HPD Training Module

Preface

These guidelines for trainers are intended to assist in deriving maximal benefits from the use of the video programme, “To Hear or Not to Hear: The Choice is Yours”. The programme is divided into two modules, the first being educational/motivational, while the second provides detailed training for using and caring for hearing protection devices (HPDs). The video has been produced in English, South Sotho, Xhosa and Zulu language versions.

Education, motivation and training comprise essential elements of any personal protection strategy, and this is especially true where some employees may be resistant to the use of HPDs as part of the employer’s hearing conservation programme. Accordingly, employees must be made aware of the risks and potential consequences of exposure to dangerous noise, in order that they are motivated to protect their hearing. The next requirement is to train employees in ways of protecting themselves. In response to these needs, the CSIR: Centre for Mining Innovation produced the video and these guidelines in its use on behalf of the Mine Health and Safety Council (MHSC), as outputs of Project SIM 05 05 01, Track C.

For further information contact:

The Research Group Leader
Occupational Health & Ergonomics
CSIR: Centre for Mining Innovation
P O Box 91230
Auckland Park 2006
Tel: (011) 358-0000
Fax: (011) 482-3267
Email: info@csir.co.za

Contents

	Page
Preface	i
1 Introduction and general information to assist the trainer	1
2 Objectives and intended learning outcomes.....	3
3 Use of the video.....	3
3.1 Briefing the group before screening the Educational/ Motivational Module.....	4
3.2 Group discussion after screening the Educational/ Motivational Module.....	4
3.3 Group discussion before screening the HPD Training Module	5
3.4 Group discussion after screening the HPD Training Module	5
3.5 Hands-on training in the correct use of HPDs.....	5
Appendix 1 English transcript of video	6
A.1.1 Educational/Motivational Module	6
A.1.2 HPD Training Module.....	10
Appendix 2 South Sotho transcript of video	14
A.2.1 Educational/Motivational Module	14
A.2.2 HPD Training Module.....	18
Appendix 3 Xhosa transcript of video	22
A.3.1 Educational/Motivational Module	22
A.3.2 HPD Training Module.....	26
Appendix 4 Zulu transcript of video	31
A.4.1 Educational/Motivational Module	31
A.4.2 HPD Training Module.....	35

1 Introduction and general information to assist the trainer

The use of a suitable video programme can greatly assist the trainer in ensuring that employees are equipped with the knowledge and skills necessary to perform their duties safely and productively. As with any training materials, deriving full value from the video requires the trainer to be familiar with the content and training objectives/intended learning outcomes of the programme. This makes it possible to prepare the group members for what they are about to see and hear, as well as to pre-direct their attention to key points and, where appropriate, pre-empt any potential negative reaction from members of the group. To this end, the video programme is supplied with this guideline for trainers in which the scripts for the two modules (Educational/Motivational Module and HPD Training Module) are appended in English, South Sotho, Xhosa and Zulu (Appendices 1 to 4, respectively).

The video is in DVD (digital video disk) format and is most easily played with a DVD player, in which case loading the video files onto computer (detailed below) will not be necessary. When one of the disks is inserted into a DVD player the title menu appears on-screen and the trainer can select which of the four programmes (Part 1 or Part 2 in one of the two language versions) is to be shown. Regardless of whether a DVD player or computer is used, the programme should be played through suitable speakers and a video projector or large-screen television for optimal audibility and visibility. Ensure that the room's lighting is suitable for viewing and that the volume setting is appropriate.

If the programme is to be played from a computer (using Windows Media Player® or similar), it is best to copy the video files to the computer's hard disk, to ensure proper playback. To avoid a reduction in the computer's performance, save the video files to the C or D drive, rather than to the Desktop. To do so, proceed as follows:

- 1) Place the DVD with the required language version in the computer's CD/DVD drive and select "Open folder to view files using Windows Explorer". Right-click on the VIDEO_TS folder and select copy or, alternatively, click on the folder, then on "Edit" in the Toolbar at the top of the screen and select "Copy".
- 2) Right-click on the green START button at the bottom-left of the screen and select Explore. Select a folder on either the C or D drive in which to save the video files. Alternatively, click on "File" at the top-left of the

screen and select “New” and “Folder”. Over-type “New Folder” with the desired name, e.g. “DVD”. Alt-Tab back to the CD/DVD (E) drive or select

it from the Taskbar at the bottom of the screen. Right-click on the VIDEO_TS folder and select “Copy”.

- 3) Alt-Tab back to Explore or select it from the Taskbar. Right-click on the folder created in Step 2) and select “Paste” or, alternatively, click on the folder then on “Edit” in the Toolbar at the top of the screen and select “Paste”.
- 4) Once all of the video files have been copied to the selected folder (approximately 10 minutes), click on the folder and then on the VIDEO_TS folder that it now contains. The 19 files in the folder will be displayed as a list of file details or as icons, depending on which view has been selected in Explore. If the Windows Media Player icon does not appear to the left of the file names, right-click on each file, select “Properties” and then “General”. Click on the “Change” button and select Windows Media Player. Repeat for each file until the Windows Media Player icon appears to the left of all the files.
- 5) Right-click on the VIDEO_TS.IFO file and select “Send to” and “Desktop (create shortcut.DeskLink).”

To play the video, proceed as follows:

- 1 Go to the Desktop and double-click on the icon “Shortcut to VIDEO_TS” or, alternatively, right-click on the icon and select “Open”. This will launch Windows Media Player. The Title Menu will appear, with the Mine Health and Safety Council logo and icons for Part 1 (Educational/Motivational Module) and Part 2 (HPD Training Module) in English and South Sotho, English and Xhosa or English and Zulu, depending on which of the three disks the files were copied from.
- 2 Before selecting a programme for screening, click on the “DVD” button at the bottom of the screen and select “Full Screen”. Then select the desired module and language version to play the programme. Playback can be paused, stopped, reversed or advanced with the relevant controls at the bottom of the screen. To change playback to a different module or language version, click on the “DVD” button, select “Title Menu” and click on the icon for the desired programme.

2 Objectives and intended learning outcomes

After participating in a preparatory discussion, viewing the video and then discussing the issues raised in the film, employees should come away with:

- 1 an increased awareness of noise as a hazard;
- 2 a basic understanding of how loud noise damages hearing and a recognition of the fact that noise-induced hearing loss (NIHL) is irreversible;
- 3 an appreciation of the personal consequences of NIHL and a desire to avoid those consequences;
- 4 knowledge of how to recognise dangerous noise;
- 5 knowledge of the various types of hearing protection devices (HPDs), their advantages and disadvantages, correct use, and how to care for them;
- 6 an understanding of the benefits that HPDs offer, viz. protection against hearing loss, improved communication in loud noise (which contributes to safety and productivity) and reduced fatigue; and
- 7 acceptance of the employer's personal protection strategy.

3 Use of the video

The programme is presented in two modules, the first of which is educational and motivational (approximately 12 minutes long), while the second module is instructional (approximately 14 minutes long). Although both modules could be shown in succession, greater benefit would be gained through the use of an intervening group discussion. There is little point in moving on to the instructional part of the programme before members of the group have accepted the importance of protecting themselves against loud noise. If the trainer is of the opinion that trainees are already sufficiently aware of noise as a hazard and are motivated to avoid its consequences, the trainer could decide to screen only the instructional or HPD training module.

The video has been produced in four language versions, which should cater for most mineworkers in the target audience, i.e. those who are most at risk.

3.1 Briefing the group before screening the Educational/Motivational Module

There is no need to engage in a lengthy discussion that could pre-empt the message of the video. However, the group should be informed that the film deals with noise in the workplace, a hazard that most of them will encounter. Members of the group should be asked to consider the information contained in the film and compare it with what they already know about loud noise, and should be told that they will be given an opportunity to discuss the film and their reactions to it.

3.2 Group discussion after screening the Educational/Motivational Module

This discussion should be led by the trainer and should be structured to the extent that it reinforces the message of the programme. Accordingly, it is essential to identify, discuss and resolve any doubts or concerns among members of the group. The best way to ensure this is by encouraging group members to participate and state their views, even their objections. If these are not aired and resolved, they will persist among some members of the group and these members may continue to disregard the importance of protecting themselves. The trainer should assume the role of a facilitator and, in doing so, encourage the expression of opposing views so that they can be resolved to achieve a favourable outcome.

The trainer should anticipate likely opposing views and positions, and prepare himself or herself for dealing with them. Reference to *Guidelines for Trainers Part 3, "Frequently Asked Questions ..."* will assist in this regard.

Depending on the group, the trainer should, as far as possible, encourage members of the group to respond to any objections/resistance to the use of hearing protection. Particularly where a more experienced or respected employee describes his own experiences with noise and supports the use of HPDs, it will encourage other people to appreciate noise as a hazard and to accept the use of HPDs. Although the discussion approach may be more time consuming than a traditional lecture its effectiveness in dealing with negative attitudes and beliefs is much greater and it encourages all participants to consider the issues and make their own decisions, making them more likely to adhere to prevention measures regardless of whether a supervisor or safety officer is present.

The group should reach consensus that loud noise is a hazard to their health that could threaten their jobs, and commit to protecting themselves against it.

3.3 Group discussion before screening the HPD Training Module

Members of the group should be reminded that the Educational/Motivational Module of the video programme showed how noise is a hazard that can damage people's hearing with serious consequences and explained the benefits of using HPDs to protect themselves against loud noise. They should be told that the next module of the video will examine the different types of HPDs and how to use and care for them correctly. If some of the HPD types shown in the film are not available at a given mine, this should be pointed out before the programme is shown, to avoid raising viewers' expectations.

3.4 Group discussion after screening the HPD Training Module

When the programme has ended, the trainer should provide ample opportunity for members of the group to raise queries and concerns, retaining the interactive discussion approach used after screening the Educational/Motivational Module. Although the HPD Training Module is primarily instructional and most questions are likely to relate to specific concerns about the use and care of particular HPD types, there may also be issues such as becoming accustomed to HPDs, particularly earplugs, or hearing speech and warning signals more clearly while wearing HPDs in loud noise. The trainer should reinforce the advice given in the film for individuals who find it difficult to hear with HPDs, i.e. to seek assistance in choosing different types of HPDs.

3.5 Hands-on training in the correct use of HPDs

Time should be allowed for trainees to practise fitting HPDs if this has not already been done, particularly those who will be likely to use earplugs. The trainer should distribute the devices to the group, preferably offering a choice from those that are available at the mine. Employees should practise the correct method of fitting their HPDs with assistance from the trainer for those who require it, and a demonstration of commonly made mistakes and how to overcome fitting problems.

If time permits, a demonstration could be given on the improved intelligibility of speech and warning signals that HPDs provide in loud noise (as detailed in Section 5 of *Guidelines for Trainers Part 1, "Induction Talk for Employees in Noisy Occupations"*).

Appendix 1 English transcript for video programme

“To Hear or Not to Hear: The Choice is Yours”

A.1.1 Educational/Motivational Module

Audio	Visual
Opening music	MHSC logo
1 The people who work on the mines are not ordinary people doing ordinary jobs. They are strong, skilled people who know how to work together and get the job done.	Scenes of underground mining activities
2 Everyday these people work with powerful machinery in difficult conditions to wrench nature's wealth from the rock, then process and refine it in the plant.	Scenes of opencast mining and smelting operations Opencast scene featuring signage for personal protective equipment (PPE)
3 They are fully aware of the difficult conditions where they work and make sure that they use their PPE to reduce the risk of injury. They wear safety boots to protect their feet, guards for their knees, gloves for their hands, goggles for their eyes, hardhats for their heads and earplugs or earmuffs to protect their ears and their hearing.	Sequence of scenes showing safety boots worn by mineworkers: waterproof garments, knee guards, gloves, goggles, hardhats, and HPDs
4 They work hard, but they work smart, and working smart means working safe. Yet there is one type of injury that some people do not take as seriously as they should.	Scenes of underground coal mining activities
5 It is not an obvious injury, like an injured hand or a broken leg. This is a different kind of damage and it happens to every person who does not guard against it. It is a terrible kind of damage because the person does not know it is happening and because there is no cure or treatment to fix it. The damage is permanent.	Close-up of injured hand being dressed
6 Because there is no pain, the person may only notice the damage after someone else points out the problem or at the annual hearing test. But, by this time, the person has already become disabled with hearing loss. Sound effect: Audiometric test signals, each one louder than the previous Dissolve to title: “To Hear or Not to Hear: The Choice is Yours”	Close-ups of faces of female and male mineworkers inside audiometric test booth
7 Narrator’s translation of Subject 1’s voice “I have found that when you no longer hear, your status is lowered. People no longer regard you as a person.”	Close-up of Subject 1
8 Narrator’s translation of Subject 2’s voice “It is difficult for me because I cannot hear at work. I cannot perform as expected. Because of this I am struggling to work. I no longer earn underground pay. I was transferred from underground. Now I am transferred to surface.”	Close-up of Subject 2 (man with hearing aid)
9 Hearing loss not only affects the deaf person, but also the person’s friends and family, as experienced by Octavia, the wife of a mineworker, and her two children.	Still shots of Octavia and her two sons, followed by close-up of Octavia speaking

Audio	Visual
<p>10 Narrator's translation of Octavia's voice (the wife of a mineworker) "It is not like before – he was a soft man full of jokes and playing ball games. It was not as if there was a mother and a father. He was like one of the children and we were a united family."</p>	<p>Camera pulls back to show Octavia in room with her two sons and the interviewer</p>
<p>11 Narrator's translation of Sibusisu's voice (Octavia's younger son) "I feel that he is troubling us. When we laugh he thinks we are gossiping and making jokes about him. When we talk he thinks we are talking about him. He doesn't allow us to watch TV. He doesn't even want us to play cassettes or listen to stories. When we try to play cassettes he shouts at us and hits us."</p>	<p>Close-up of Sibusisu</p>
<p>12 Narrator's translation of Octavia's voice "When you want him to hear you, you must shout into his ears. And not just once, you must shout for a long time. Because of this, I can no longer discuss private matters or family affairs with him and I feel frustrated."</p>	<p>Close-up of Octavia</p>
<p>13 "He fights because he thinks we are making a fool of him. Even at work he says people are making him a laughingstock. He no longer has any friendship with his co-workers and that hurts me. They think that he is too proud to talk to them. They do not understand that he is not doing this purposely. It is because he is deaf."</p>	<p>Wide view of Octavia and children in room with interviewer, zooming to close-up of Octavia as she speaks</p>
<p>14 Noise-induced hearing loss has nothing to do with how strong or weak a person is or how young or old. Someone who fails to guard against loud noise can develop severe hearing loss even at a very young age.</p>	<p>Group of underground coalminers, dissolving to scene of drilling at a surface operation</p>
<p>15 Hearing loss is caused by working with loud machines and not wearing hearing protection devices or HPDs, such as earplugs or earmuffs.</p>	<p>Dump truck passing in foreground of drill operators from previous scene, dissolving to scene of dump truck and loaders, then dissolving to wider view of activities at surface operation</p>
<p>16 Narrator's translation of Subject 2's voice "I would tell a person, if I see him working without his protectors, as a person who has lost his hearing working underground, I would tell him that he should use HPDs to protect his ears."</p>	<p>Close-up of Subject 2 (man with hearing aid)</p>
<p>17 Signs in the workplace warn us to wear boots, gloves, hardhats, goggles and HPDs when they are necessary.</p>	<p>Shot of warning signs for PPE: Boots, gloves, hardhats, goggles and HPDs</p>
<p>18 Everyone working at the mine knows that they should wear a hardhat to protect their heads. But some people do not seem to know that they should also wear HPDs to protect their hearing.</p>	<p>Mineworker at surface operation wearing hardhat and earplugs, dissolving to scenes of underground mineworkers, some with and some without HPDs</p>

Audio	Visual
<p>19 Let's look at how our ears work, and how loud noise damages them. Here we can see sound waves entering the ear and striking the eardrum, causing it to vibrate.</p> <p>As the eardrum moves back and forth, it pushes these three tiny bones against the inner ear, which creates waves in the liquid that is inside.</p> <p>The waves travel through the liquid and disturb these tiny hairs, causing them to move back and forth. As they move, messages are sent to the brain so that we can hear the sound.</p> <p>Loud noise causes bigger waves in the liquid. If the noise is too loud, the waves damage or destroy some of the hairs, more and more each day.</p> <p>If this happens, the person will no longer be able to hear certain sounds and, because the damage cannot be treated or repaired, the hearing loss is permanent.</p>	<p>Animation of head and outer ear, with sound waves entering the ear, travelling down the ear canal, causing the eardrum to vibrate and push the middle ear ossicles against the inner ear</p> <p>Close-up of eardrum and middle ear ossicles</p> <p>Pull back to include view of inner ear and hair cells</p> <p>Close-up of inner ear, showing movement of hair cells</p> <p>Pull back to include view of impulses travelling along the auditory nerve towards the brain, as well as middle and outer ear with depiction of sound waves</p> <p>Zoom to close-up of inner ear, showing damage to some of the hair cells</p> <p>Pull back to show auditory nerve with a reduced number of impulses travelling towards the brain</p> <p>Pull back further, for view of ear: of the external ear canal, middle ear, inner ear and auditory nerve</p>
<p>20 Some people think if their hearing is already damaged that there is no point in wearing HPDs.</p> <p>What they don't understand is that the damage gets worse and worse. It may become so bad that the person is no longer able to work safely and is declared unfit for the job.</p>	<p>Scene of dump truck in opencast operation, dissolving to mineworker in foreground without HPDs</p>
<p>21 Narrator's translation of Subject 2's voice</p> <p>There are even some people who think that it would be good to lose hearing and get the compensation money. But listen to what this man says:</p> <p>"Now you, if I ask you, do you see money being better, or would you ask God to bring back your hearing: what would you choose to take?"</p> <p>Narrator's translation of Subject 2's voice</p> <p>"I would prefer to hear again. I feel the loneliness. I don't know what it is the others are laughing about and I feel the loneliness within me."</p>	<p>Close-up view, panning across bank notes</p> <p>Dissolve to close-up of Subject 2 (man with hearing aid) listening to interviewer's question</p> <p>Close-up of Subject 2 answering interviewer's question</p>
<p>22 Each time someone goes into a noisy place without wearing HPDs, their hearing is damaged a little bit more.</p> <p>The first few times, their ears may feel a bit numb and after the shift and they will not be able to hear properly for a while.</p> <p>They may also hear a ringing or hissing sound coming from inside their ears.</p> <p>Sound effect: High-pitched ringing sound</p>	<p>Close-up of warning sign for noise and hearing protection, pulling back to view of pump chamber</p> <p>Dissolve to scene of conveyor belt, then milling plant</p> <p>Close view of plant operator, pulling back to wider view of plant</p>
<p>23 This is a warning that the noise was too loud and was damaging their ears.</p> <p>If they continue going into the noise without using HPDs, their hearing will be permanently damaged and become worse each time they go back into the noisy workplace. They will hear less and less clearly until, eventually, they may be unable to understand what other people say to them.</p>	<p>Dissolve to scene of a man at a social festival, with "dulled" sound as he hears it. Pull back to wider view and dissolve to close-up of Zulu dancers, with "crisp" sound as it actually is.</p> <p>View of people in stands, with "dull" sound as heard by woman pulling at her ear</p> <p>Scene of horn players, with sound of the music suddenly becoming "dulled", dissolving to scene of three women in crowd, still with "dulled" music</p>
<p>24 How will this person be able to understand what the other workers are saying or hear warning signals?</p>	<p>Dissolve to scene of two mineworkers at a surface operation, the one without HPDs unable to hear what the other is saying</p>

Audio	Visual
<p>25 With hearing that is so bad, this person will be a safety risk to himself. This will mean being transferred to a less important job with less pay or, even worse, being unable to do any job at the mine.</p> <p>If this happens, it will cause the person's family to suffer.</p> <p>Sound effect: Warning signal from forklift</p>	<p>Close-up of mineworker in front of surface conveyor without HPDs Dissolve to close-up of person mopping floor in workshop</p> <p>Pull back to show that the person mopping the floor is unaware of approaching forklift</p>
<p>26 Isn't it better to prevent the hearing loss from happening in the first place? Of course it is, and we can do this by always wearing HPDs when working where there is loud noise.</p>	<p>Sequence of scenes showing mineworkers wearing HPDs</p>
<p>27 Everyone working in loud noise needs to protect their hearing from being damaged. So wherever you see this sign, or whenever the noise is so loud that you must shout to be heard, make sure that you are wearing your HPDs.</p>	<p>More scenes of mineworkers wearing HPDs, Dissolve to close-up of HPD warning sign</p> <p>Dissolve to workshop scene with two workers wearing HPDs</p>
<p>28 You may think that it is okay to wear your HPDs for most of the time and remove them for short periods.</p> <p>But it only takes a few seconds for very loud noise to weaken your hearing, so you should never remove your HPDs, even to hear someone.</p>	<p>Close-up of one worker removing an earplug, apparently to better hear what the other is saying</p> <p>Close-up of worker who removed his earplug apparently finding the noise from the grinder to be unpleasant, and then replacing his earplug</p>
<p>29 Removing your HPDs to hear what someone else is saying is a mistake in two ways.</p> <p>First of all, it allows the loud noise into the ears and damages your hearing. Sound effect: Loud machine noise</p> <p>Also, when the noise is loud, HPDs make it easier to hear what someone is saying because HPDs block out most of the machine noise while letting most sound from people's voices into the ears.</p> <p>Sound effect: Loud machine noise and unclear speech changes to soft machine noise and clear speech</p>	<p>Animation of sound waves from machine noise (blue wave) and sound waves from speech (green wave) reaching the ear, and then the earplug being removed</p> <p>Shift to view of machine noise and speech sounds reaching the eardrum</p> <p>Shift back to view of entire ear with earplug in place, showing greater attenuation of high-frequency machine noise (blue wave) and less attenuation of middle- and low-frequency speech sounds (green wave)</p>
<p>30 The same is true for warning signals: in loud noise you will be able to hear signals more clearly and work more safely if you are wearing your HPDs.</p> <p>Sound effect: Dump truck reversing signal</p>	<p>Dissolve to scene of reversing dump truck, with mineworker walking behind and away from the truck apparently unable to hear warning signal. A second worker, who is walking towards the dump truck, points to the danger and pulls the first worker out of the way.</p>
<p>31 If your HPDs make it difficult to hear what other people are saying, ask the OHP to help you choose the right ones for your ears and your workplace.</p>	<p>Close-up of mineworker wearing HPDs. Dissolve to scene of various HPDs on table at audiometric test centre Close-up of hands holding earplugs; pull back to view of OHP talking to mineworker about alternative HPDs</p>
<p>32 Your ability to hear is a precious gift.</p> <p>So don't risk losing it.</p> <p>Be smart, be safe, and wear your HPDs wherever there is loud noise. By doing so you will be protecting your hearing, but also your job and your family's wellbeing.</p>	<p>Animation of ear with earplug greatly attenuating machine noise (blue wave) with minimal attenuation of speech sounds (green wave)</p> <p>Close-up of worker inside audiometric test booth Dissolve to same worker wearing band-mounted earplugs, and then earmuffs Close-up of two mineworkers wearing HPDs</p>
<p>Closing music</p>	<p>MHSC logo Copyright statement</p>

A.1.2 HPD Training Module

Audio	Visual
<p>Opening music</p> <p>1 The people who work on the mines are not ordinary people doing ordinary jobs. They are strong, skilled people who know how to work together and get the job done.</p>	<p>MHSC logo Title: To Hear or Not to Hear: The Choice is Yours Scenes of underground and surface mining activities, with mineworkers wearing HPDs</p>
<p>2 In this programme we are going to learn how to recognise dangerous noise and how to protect ourselves against it.</p>	<p>Dissolve to close-ups of various HPD types</p>
<p>3 We will also be looking at the different types of hearing protection devices, or HPDs, how to fit them correctly and how to care for them.</p>	<p>Sequence of HPD close-ups</p>
<p>4 We know that loud noise can damage our ears and destroy our hearing, but how can we know if the noise is loud enough to be dangerous?</p>	<p>Sequence of underground scenes</p>
<p>5 Noise is measured in decibels with a sound meter like this. More decibels means that the noise is louder and more dangerous to our hearing. (Sound effect: Machine noise becoming louder)</p>	<p>Sound level meter (SLM) display showing increasing decibel readings</p>
<p>6 Most of the time noise is not a problem, because it is usually at safe levels. But in the workplace, machinery produces noise that can damage our hearing.</p>	<p>Sequence of street scenes Dissolve to underground conveyor</p>
<p>7 Where the noise is loud enough to damage our hearing, a sign like this warns us to wear our HPDs when we go there.</p>	<p>Close-up of blue and white earmuff sign, pulling back to show other warning signs</p>
<p>8 But even without a sign, we can still tell if the noise is too loud. If you are standing within one meter or an arm's length from someone and you must shout to hear each other, the noise is loud enough to damage your hearing.</p>	<p>Two workers, both wearing HPDs, standing close to each other and talking Dissolve to worker holding out an extended measuring tape Dissolve back to two workers shown previously</p>
<p>9 So, whenever you must shout to be heard or wherever you see this warning sign, make sure that you are wearing your HPDs.</p>	<p>Blue and white earmuff sign Dissolve to another warning sign for noise Dissolve to close-up of earmuffs</p>
<p>10 The next question is: which type of HPD should you wear? The different kinds include earmuffs and many different types of earplugs.</p>	<p>Sequence of scenes showing various earmuffs and earplugs</p>
<p>11 Earmuffs are good for people who go in and out of noisy areas, because they are easy to put on and take off. But they are uncomfortable if the workplace is hot or if they must be worn for several hours at a time. Also, earmuffs are difficult to carry when they are not being worn.</p>	<p>Worker descending stairs and donning earmuffs before walking into workshop area Various close-ups of same worker wearing earmuffs</p>
<p>12 Earplugs are a good choice for people who do strenuous work, especially if the workplace is hot. And earplugs, if they are inserted correctly, give the best protection against loud noise.</p>	<p>Coal miners wearing HPDs standing at face</p>
<p>13 Some earplugs are disposable and meant to be used for only one shift, because they cannot be cleaned easily.</p>	<p>Close-ups of disposable earplugs</p>
<p>14 Other earplugs are reusable and can be used for several weeks, if they are kept clean and cared for.</p>	<p>Close-ups of reusable earplugs</p>
<p>15 Disposable earplugs are usually made of compressible foam, which you must shape in your fingers before putting them into your ears. But they get dirty easily and, because they cannot be cleaned, they must be replaced often.</p>	<p>Close-ups of compressible foam earplugs held between thumb and forefinger Dissolve to close-up of foam earplug being rolled between thumb and fingers Close-up of dirty earplugs in open hand</p>

Audio	Visual
16 Reusable earplugs are already shaped to fit into the ears and some have a little handle so they don't get dirty when putting them into the ears or taking them out.	Close-ups of reusable earplugs
17 Reusable earplugs are easy to clean, so they last longer than disposable earplugs.	Earplugs being washed in basin under running water
18 Some earplugs are mounted on a plastic band, which goes behind the neck or under the chin. Like earmuffs, these are also good for people who go in and out of noisy areas, because they are easy to put on and take off. And they are easier to carry than earmuffs when they are not being worn.	Close-ups of band-mounted earplugs, pulling back to show worker donning them with the band under the chin Close-ups of band-mounted earplugs; dissolve to worker wearing band-mounted earplugs behind neck Close-up of band-mounted earcaps, then of them being worn with band under chin
19 These are custom-moulded earplugs, which are specially made to fit just one person's ears. That makes it easier to fit them correctly.	Close-up of custom-moulded earplugs in worker's hands, then being worn in ears, first the right, then the left
20 These different types of HPDs all give similar protection against loud noise. The type you choose depends on where you are working and which type you find most comfortable to wear.	Close-ups of various HPD types
21 If you must wear your HPDs for the entire shift, or if you work underground or in a place that is hot, earmuffs are not the best choice. Although they may feel comfortable for a few minutes, after a while you may feel too hot. If this happens, after a few days the earmuffs could begin to irritate your skin or cause a skin rash.	Mineworker in front of surface crusher wearing earmuffs, dissolving to underground drill operator wearing earmuffs Switch back to worker at surface crusher, who complains to fellow worker that his earmuffs are too hot and exchanges his earmuffs for earplugs and then inserts them
22 Also, if you use safety glasses that are worn over the ears, some glasses may prevent the earmuffs from sealing tightly around your ears.	Close-up of safety glasses being worn with earmuffs Dissolve to close-up of prescription glasses being worn with earmuffs
23 Earplugs are the best choice if you work in loud noise for long periods, especially if your workplace is hot.	Close-up of reusable earplugs held between thumb and fingers, then custom-moulded, disposable and band-mounted earplugs
24 Earplugs may feel uncomfortable when you first start wearing them, but most people get used to them quite easily. If after two or three days you still find them uncomfortable, you should ask to try another type of earplug.	Scenes of mineworkers wearing earplugs
25 Once you have found the type of earplugs you are comfortable with and you become used to them, you won't be bothered by them. In fact, you will find it unpleasant to be in loud noise without them.	Workshop scene with workers wearing earplugs One worker removes earplug, grimaces and immediately replaces his earplug
26 You will also feel much better after your shift if you have been wearing your HPDs. You won't feel so tired and your ears will be able to hear better than if you had been working without HPDs. And you won't hear any ringing sounds in your ears.	Scenes of underground mineworkers on surface at end of their shift
27 When you fit your earplugs, whether they are disposable or reusable, it is very important to fit them into your ears properly to stop the loud noise from damaging your hearing.	Animation showing earplug's attenuation of noise (blue sound waves) and speech sounds (green sound waves)
28 This is how to insert your earplugs correctly. First reach over the top of your head and pull the ear outwards and back, until you can feel the ear canal being pulled open. This straightens the ear canal. Now you can push the earplug into your ear with the other hand to get a good tight fit. While still pushing the earplug in, release the ear. Then let go of the earplug.	Worker reaching over top of head and pulling ear outwards and back, then inserting earplug with other hand

Audio	Visual
29 If one of the earplugs is not tight, you should re-fit it, because even a tiny space between the earplug and your ear canal will allow the noise to get in and damage your hearing.	Worker re-inserting one earplug
30 If you use disposable earplugs you must first squeeze and roll them between your thumb and fingers to make a sausage-shape that is thin enough to fit into the ear. If your hands are dirty you should first wash them, or else the earplugs will get dirty and the dirt will get into your ears.	Close-ups of disposable earplugs being held between thumb and fingers Disposable earplugs being rolled down between thumb and fingers
31 While still squeezing and rolling the earplug to keep it thin, reach over the top of your head with the other hand to pull the ear outwards and back to straighten the ear canal like was done for the reusable earplug. Push the earplug into your ear with the other hand and, while still pushing the earplug in, release the ear. Then let go of the earplug.	Worker reaching over top of head to pull ear outwards and back Worker inserting reusable earplug and pushing it in, releasing ear, then releasing earplug and donning hardhat
32 Whichever kind of earplugs you use, once you are away from the noise and want to remove them, do so slowly and carefully to avoid discomfort. First pull the top of your ear outwards and back, like when you fitted them, to straighten the ear canal. This will allow the earplug to come out easily.	Close-ups of various earplugs Scenes of worker straightening ear canal before removing earplugs
33 When you are not wearing your earplugs, keep them in the storage case so they don't get dirty. To avoid losing your earplugs, you can tie the cord of the storage case to the inside of your hardhat.	Earplugs being placed in storage case and storage case being attached to inside of hardhat
34 Earplugs that are mounted on a plastic band can be worn with the band behind your head or under your chin. It does not matter, as long as you press the earplugs firmly into your ears.	Scenes of band-mounted earplugs worn under chin and behind head
35 If you are using earmuffs, first make sure that the cushions are clean. If not, wipe them with a clean cloth or paper towel. The plastic headband must be adjusted so that the earmuffs fit around your ears.	Close-up of earmuff cushions being wiped clean with paper towel Close-ups of earmuffs being worn without hardhat
36 If you wear a hardhat, the thin head strap should go over the top of your head to keep the earmuffs in place, and the plastic headband should be behind your head to press the earmuffs tightly around your ears.	Earmuffs being worn with hardhat, then with hardhat removed to show the thin head strap positioned over top of head Earmuffs being worn with hardhat back in place
37 If you have long hair, push your hair back behind your ears or else it will stop the earmuffs from sealing tightly and keeping out the noise. Large earrings should be removed because they can also stop the earmuffs from fitting tightly.	Female worker pushing hair back behind ears, then donning earmuffs Close-up of ear with earring; dissolve to same woman wearing her earmuffs with hardhat and glasses
38 Earplugs and earmuffs must be cared for and kept clean. At the end of every shift wash your earplugs with soap and warm water, dry them and put them back into their storage case. If you use earmuffs, wipe the cushions with a clean cloth or paper towel moistened with a bit of water. Then dry them before putting them away where they won't get dirty.	Close-up of various reusable earplugs being washed at a basin with soap and water, then dried and placed in a storage case Earmuffs being wiped clean with a paper towel
39 If you allow your HPDs to become dirty they could irritate your skin or cause an ear infection. If this happens, go to the Medical Station or Occupational Health Centre and have it treated.	Mineworkers undergoing otoscopic examination
40 If you lose your HPDs, or if they become old or damaged, you should immediately get new ones.	Mineworkers being given replacement HPDs by OHP

Audio	Visual
<p>41 If you use earplugs and must travel in a cage to get to your workplace, remember: To avoid discomfort and possible damage to your ears, NEVER travel up or down in the cage while wearing earplugs. Always remove them before entering the cage. If the mine requires everyone to wear HPDs, even in the cage, gently loosen your earplugs before entering. They will still protect against the noise and, because they are not sealed tightly into the ears, your ears will not be damaged by the change in air pressure.</p>	<p>Mineworkers preparing to enter cage</p> <p>Mineworkers travelling in cage</p>
<p>42 When you first start wearing HPDs you will find that sounds seem softer, and that they also sound different.</p>	<p>Continuous miner, then coalminers at face</p>
<p>43 This is because HPDs block out most of the high pitch sounds from the machines, but let most of the other sounds go into the ears. That makes it easier to hear people's voices, which are made up of middle pitch and low pitch sounds.</p>	<p>Animation of earplug attenuating the high-frequency sound waves from machinery noise (red sound waves) more than the middle and low-frequency sound waves from speech (green sound waves)</p>
<p>44 The same is true for warning signals. HPDs block out the machine noise more, making it easier to understand speech. Sound effect: Soft machinery noise and loud reversing signal</p>	<p>Animation of earplug attenuating the high-frequency sound waves from machinery noise (blue sound waves) more than lower frequency sound waves from the warning signal (green sound waves)</p>
<p>45 If your HPDs make it difficult to hear what other people are saying, ask the OHP to help you choose the right ones for your ears and your workplace. Sound effect: Audiometric test signal</p>	<p>Worker undergoing audiometric test, then close-up of worker responding to test signal by pressing patient response button</p> <p>OHP monitoring audiometric test, zooming in to computer screen showing test results, dissolving to view of HPDs on table with computer screen</p> <p>OHP explaining correct use of earplugs to worker who has just had his ears tested</p>
<p>46 As you know, there can be many dangers in the workplace, but if you work smart and use your PPE you will be making sure that you are not injured. Wear your HPDs to protect your hearing whenever the noise is loud. Because if your ears are damaged by noise, they can never be healed. Work smart and work safe. Wear your hearing protection devices and look after them. They will look after your hearing.</p>	<p>Succession of scenes showing workers wearing HPDs and other PPE</p>
<p>Closing music</p>	<p>MHSC logo</p> <p>Copyright statement</p>

Appendix 2 South Sotho transcript for video programme

“To Hear or Not to Hear: The Choice is Yours”

A.2.1 Educational/Motivational Module

Audio	Visual
Opening music	MHSC logo
1 Batho ba sebetsang merafong ha se batho ba tlwaelehileng ba etsang mosebetsi o tlwaelehileng. Ke batho ba matla, ba rupelletsweng ba tsebang ho sebetsa mmoho le ho etsa mosebetsi o phethwe.	Scenes of underground mining activities
2 Letsatsi le leng le le leng batho bana ba sebetsa ka metjhine e matla maemong a thata ho tjheka letlotlo la hloleho ho tswa lefikeng, ebe le ntshetswa pele le ho ntlafatswa polanteng.	Scenes of opencast mining and smelting operations Opencast scene featuring signage for personal protective equipment (PPE)
3 Ba hlokometse kahohle maemo a thata ao ba sebetsang ho oona mme ba nnetefatsa hore ba sebedisa diphahlo tsa polokeho ho fokotsa kotsi ya ho lemala. Ba rwala dikgohlopo tsa polokeho ho baballa maoto a bona, guards bakeng sa mangole a bona, dihanekausu bakeng sa matsoho a bona, diborele bakeng sa mahlo a bona, makarapa bakeng sa dihlooho tsa bona le dikwalatsebe kapa di-earmuff ho baballa ditsebe tsa bona le kutlo ya bona.	Sequence of scenes showing safety boots worn by mineworkers: waterproof garments, knee guards, gloves, goggles, hardhats, and HPDs
4 Ba sebetsa ka thata, feela ba sebetsa ka makgethe, mme ho sebetsa ka makgethe ho bolela ho sebetsa ka polokeho. Leha ho na le mofuta o le mong wa temalo oo batho ba bang ba sa o kgathalleng ka mokgwa oo ba lokelang.	Scenes of underground coal mining activities
5 Ha se temalo e totobetse, jwaloka ho lemala letsoho kapa ho robeha leoto. Ena ke tshenyeho ya mofuta o fapaneng mme e etsahalla motho ofe kapa ofe ya sa e hlokomeleng. Ke mofuta wa tshenyeho o kotsi hobane motho ha a tsebe hore e a etsahala mme hobane e se na pheko kapa kalafi ho ka e lokisa. Tshenyeho ke ya hoille.	Close-up of injured hand being dressed
6 Hobane ho se na bohloko, motho a ka elellwa tshenyeho ha feela motho e mong a lahisa bothata kapa ditekong tsa kutlo tsa selemo le selemo. Empa, ka nako ena, motho o se a qhwadile ke ho lahlehelwa ke kutlo. Sound effect: Audiometric test signals, each one louder than the previous	Close-ups of faces of female and male mineworkers inside audiometric test booth
7 Narrator’s translation of Subject 1’s voice “Ke fumane hore ha o sa hlola o utlwa, maemo a hao a iswa tlaase. Batho ha ba sa ho nka jwaloka motho.”	Close-up of Subject 1
8 Narrator’s translation of Subject 2’s voice “Ho boima ho nna hobane ha ke sa utlwe mosebetsing nke ke ka sebetsa jwalokaha ho lebelletswe. Ka baka lena ke a sokola ho sebetsa. Ha ke sa amohela moputso wa mokoting. Ke ile ka tloswa mokoting. Jwale ke isitswe kahodimo.”	Close-up of Subject 2 (man with hearing aid)
9 Ho lahlehelwa ke kutlo ha ho ame feela setholo, empa le metswalle le leloko la hae, jwalokaha ho itemohetswe ke Octavia, mohatsa mosebeletsi wa morafa, le bana ba hae ba babedi.	Still shots of Octavia and her two sons, followed by close-up of Octavia speaking

Audio	Visual
<p>10 Interview with Octavia, wife of a mineworker “Ha ho tshwane le pele – e ne e le monna ya bonolo ya tletseng metlae mme a bapala dipapadi tsa bolo. Ho ne ho sa bonahale hore ho na le mme le ntate. O ne a bapala le bana bana mme re ne re le lelapa le kopaneng.</p>	<p>Camera pulls back to show Octavia in room with her two sons and the interviewer</p>
<p>11 Interview with Sibusisu, Octavia’s younger son “Ke utlwa e ka o a re tshwenya. Ha re tsheha o nahana hore re a mo seba le ho etsa metlae ka yena. Ha re bua o nahana hore re bua ka yena. Ha a re dumelle ho sheba TV. Ha a batle le ha re bapala di-cassette kapa re mamela dipale. Ha re leka ho bapala di-cassette o a re omanya le ho re shapa.”</p>	<p>Close-up of Sibusisu</p>
<p>12 Interview with Octavia Ha o batla hore a ho utlwe, o lokela ho hoeletsa ka ditsebeng tsa hae. Mme e seng hang, o lokela ho hoeletsa nako e telele. Ka baka la sena, ha ke sa tshohla ditaba tsa sephiri kapa tsa lelapa le yena mme ke ikutlwa ke nyahame.”</p>	<p>Close-up of Octavia</p>
<p>13 “O a lwana hobane o nahana hore re mo etsa sethoto. O re le mosebetsing batho ba mo etsa setshehisa. Ha a sa na setswalle le bomphato ba hae mme sena se nkutlwisa bohloko. Ba nahana hore o ikhohomosa haholo hoo a ka buang le bona. Ha ba utlwisise hore ha a etse hono ka boomo. Ke ka hobane e le setholo.”</p>	<p>Wide view of Octavia and children in room with interviewer, zooming to close-up of Octavia as she speaks</p>
<p>14 Ho lahlehelwa ke kutlo ho bakwang ke lerata ha ho amane le hore motho o matla kapa o fokola hakae kapa o motjha kapa o hodile. Motho ya ka sitwang ho ipaballa kgahlanong le lerata le lehola a ka ba le tahlehelo ya kutlo dilemong tse tlaase.</p>	<p>Group of underground coalminers, dissolving to scene of drilling at a surface operation</p>
<p>15 Ho lahlehelwa ke kutlo ho bakwa ke ho sebetsa ka metjhine e lerata mme o sa kenya disebediswa tse sireletsang kutlo kapa di-HPD tse kang dikwalatsebe kapa di-earmuff.</p>	<p>Dump truck passing in foreground of drill operators from previous scene, dissolving to scene of dump truck and loaders, then dissolving to wider view of activities at surface operation</p>
<p>16 Narrator’s translation of Subject 2’s voice “Nka jwetsa motho, ha ke mo bona kantle le ditshireletsi tsa hae, jwaloka motho ya lahlehetsweng ke kutlo ka ho sebetsa mokoting, ke tla mo jwetsa hore o lokela ho sebedisa di- HPD ho sireletsa ditsebe tsa hae.”</p>	<p>Close-up of Subject 2 (man with hearing aid)</p>
<p>17 Matshwao a mosebetsing a re lemosa ho rwala dikhohlopo, dihanakausu, makarapa, diborele le di-HPD ha di hlokahala.</p>	<p>Shot of warning signs for PPE: Boots, gloves, hardhats, goggles and HPDs</p>
<p>18 E mong le e mong ya sebetsang morafong o a tseba hore ba lokela ho rwala makarapa ho sireletsa dihlooho tsa bona. Empa batho ba bang ba bonahala ba sa tsebe hore ba lokela ho kenya di-HPD ho sireletsa kutlo tsa bona.</p>	<p>Mineworker at surface operation wearing hardhat and earplugs, dissolving to scenes of underground mineworkers, some with and some without HPDs</p>

Audio	Visual
<p>19 A re shebang hore ditsebe tsa rona di sebetsa jwang, le hore lerata le leholo le di senya jwang. Mona re bona maqhubu a modumo a kena ka tsebeng mme a otlia moropa wa tsebe, a baka hore o tsitsinyehe. Ha moropa wa tsebe o ntse o ya pele le morao, o sutuletsa masaponyana ana a manyenyane ho thulana le bohare ba tsebe, ho bakang maqhubu mokedikeding o hare.</p> <p>Maqhubu a tsamaya kahara mokedikedi mme a sitisa meritshwana ena, a baka hore a ye morao le pele. Ha e sisinyeha, melaetsa e romelwa bokong hore re utlwe modumo.</p> <p>Lerata le leholo le baka maqhubu a maholo mokedikeding. Ha lerata le le leholo haholo, maqhubu a senya e meng ya meriri, ho feta le ho feta ka letsatsi le letsatsi.</p> <p>Ha sena se etsahala, motho a ke ke a hlola a utlwa medumo e meng mme, hobane tshenyeho e ke ke ya alafshwa kapa ya lokiswa, tahlehelo ya kutlo ke ya ho ya hoile.</p>	<p>Animation of head and outer ear, with sound waves entering the ear, travelling down the ear canal, causing the eardrum to vibrate and push the middle ear ossicles against the inner ear</p> <p>Close-up of eardrum and middle ear ossicles</p> <p>Pull back to include view of inner ear and hair cells</p> <p>Close-up of inner ear, showing movement of hair cells</p> <p>Pull back to include view of impulses travelling along the auditory nerve towards the brain, as well as middle and outer ear with depiction of sound waves</p> <p>Zoom to close-up of inner ear, showing damage to some of the hair cells</p> <p>Pull back to show auditory nerve with a reduced number of impulses travelling towards the brain</p> <p>Pull back further, for view of ear: of the external ear canal, middle ear, inner ear and auditory nerve</p>
<p>20 Batho ba bang ba hopola hore ka ha kutlo e se e senyehile ha ho sa le bohlokwa ho kenya di-HDP. Seo ba sa se utlwiseng ke hore tshenyeho e a mpefala. E ka ba mpe haholo hoo motho a sa kgoneng ho sebetsa ka paballeho mme a nkuwe a se maemong a ho sebetsa.</p>	<p>Scene of dump truck in opencast operation, dissolving to mineworker in foreground without HPDs</p>
<p>21 Interview with Subject 2</p> <p>Ho na le batho ba hopolang hore e tla be e le hantle ho lahlehlwa ke kutlo mme ba fumane tjehelete ya dihlapiso. Empa mamela seo monna ena a se bolelang:</p> <p>“Jwale wena, ha nka ho botsa, o bona tjehelete e le betere, kapa o ka kopa Modimo ho o kgutlisetsa kutlo ya hao: o ka kgetha ho nka efe?”</p> <p>“Nka thabela ho utlwa hape. Ke utlwa bodutu. Ha ke tsebe seo batho ba bang ba se tshehang mme ke utlwa bodutu bo ka ho nna.”</p>	<p>Close-up view, panning across bank notes</p> <p>Dissolve to close-up of Subject 2 (man with hearing aid) listening to interviewer's question</p> <p>Close-up of Subject 2 answering interviewer's question</p>
<p>22 Nako le nako motho e mong o ya sebakeng se lerata ntle le ho kenya di-HPD, kutlo ya bona e senyeha ka hanyenyane. Makgetlong a pele a mmalwa, ditsebe tsa bona di ka shwa bohatsu hanyenyane mme kamora shift mme ba ke ke ba kgona ho utlwa hantle nakwana. Ba ka utlwa modumo wa tshpe e llang kapa wa molodi o tswa kahare ha ditsebe tsa bona. Sound effect: High-pitched ringing sound</p>	<p>Close-up of warning sign for noise and hearing protection, pulling back to view of pump chamber</p> <p>Dissolve to scene of conveyor belt, then milling plant</p> <p>Close view of plant operator, pulling back to wider view of plant</p>
<p>23 Hona ke temoso ya hore lerata le ne le le hodimo haholo mme le ne le senya ditsebe tsa bona.</p> <p>Ha ba tswelapele ho ya lerateng ntle le ho sebedisa di-HPD, kutlo ya bona e tla senyehella ruri le ho mpefala nako le nako ha ba kgutlela mosebetsing o lerata.</p> <p>Ba tla utlwa hanyenyane le hanyenyane ka ho hlaka ho fihlela kgabareng, ba ke ke ba kgona ho utlwisisa seo batho ba bang ba se buang ho bona..</p>	<p>Dissolve to scene of a man at a social festival, with “dulled” sound as he hears it. Pull back to wider view and dissolve to close-up of Zulu dancers, with “crisp” sound as it actually is.</p> <p>View of people in stands, with “dull” sound as heard by woman pulling at her ear</p> <p>Scene of horn players, with sound of the music suddenly becoming “dulled”, dissolving to scene of three women in crowd, still with “dulled” music</p>
<p>24 Motho enwa a ka utlwisisa jwang seo basebetsi ba bang ba se buang kapa ho utlwa jwang matshwao a temoso?</p>	<p>Dissolve to scene of two mineworkers at a surface operation, the one without HPDs unable to hear what the other is saying</p>

Audio	Visual
<p>25 Ka kutlo e mpe hakaalo, motho enwa e tla ba kotsi ya polokeho ho yena. Sena se bolela hore o lokela ho fetisetswa mosebetsing o seng bohlokwa haholo ka moputso o kgaotsweng kapa, e mpe le ka ho fetisa, a se kgone ho etsa mosebetsi morafong. Ha sena se etsahala, ho tla baka hore lelapa la hae le sotlehe.</p> <p>Sound effect: Warning signal from forklift</p>	<p>Close-up of mineworker in front of surface conveyor without HPDs Dissolve to close-up of person mopping floor in workshop Pull back to show that the person mopping the floor is unaware of approaching forklift</p>
<p>26 Na ha ho molemo sethathong ho thibela tahlehelo ya kutlo ho etsahala? Ee ho molemo, mme re ka etsa hona ka ho kenya di-HPD nakong eo re sebetsang moo ho nang le lerata le lehlo.</p>	<p>Sequence of scenes showing mineworkers wearing HPDs</p>
<p>27 Motho e mong le e mong ya sebetsang lerateng le lehlo o lokela ho sireletsa kutlo ya hae hore e se senyehe. Jwale ha o bona letshwao lena, kapa ha lerata le le lehlo hoo o tlamehang ho hoeletsa hore o utlwahale, nnetefatsa hore o kentse di-HPD tsa hao.</p>	<p>More scenes of mineworkers wearing HPDs, Dissolve to close-up of HPD warning sign Dissolve to workshop scene with two workers wearing HPDs</p>
<p>28 O ka nahana hore ho lokile ho kenya di-HPD tsa hao nako e kgolo mme o di nthse nakwana. Empa ho nka feela metsotswana e mmalwa bakeng sa lerata le lehlo ho fokodisa kutlo ya hao, kahoo o se ke wa tlosa di-HPD, le ha o batla ho utlwa motho e mong.</p>	<p>Close-up of one worker removing an earplug, apparently to better hear what the other is saying Close-up of worker who removed his earplug apparently finding the noise from the grinder to be unpleasant, and then replacing his earplug</p>
<p>29 Ho ntsha di-HPD ho utlwa seo motho e mong a se buang ke phoso ka tsela tse pedi.</p> <p>Ya pele, ke ho dumella lerata le lehlo ka tsebeng le ho senya kutlo ya hao. Sound effect: Loud machine noise</p> <p>Hape, ha lerata le le lehlo, di-HPD di etsa ho be bobebe ho utlwa seo motho e mong a se buang hobane di-HPD di thiba lerata le lengata la motjhine ha di dumella modumo o mongata wa mantswe a batho ka tsebeng.</p>	<p>Animation of sound waves from machine noise (blue wave) and sound waves from speech (green wave) reaching the ear, and then the earplug being removed Shift to view of machine noise and speech sounds reaching the eardrum Shift back to view of entire ear with earplug in place, showing greater attenuation of high-frequency machine noise (blue wave) and less attenuation of middle- and low-frequency speech sounds (green wave)</p>
<p>30 Sena ke nnete le ka matshwao a temoso: lerateng le lehlo o tla kgona ho utlwa matshwao ka ho hlaka ho hoholo le ho sebetsa ka polokeho ha o kentse di-HPD tsa hao.</p> <p>Sound effect: Dump truck reversing signal</p>	<p>Dissolve to scene of reversing dump truck, with mineworker walking behind and away from the truck apparently unable to hear warning signal. A second worker, who is walking towards the dump truck, points to the danger and pulls the first worker out of the way.</p>
<p>31 Haeba di-HPD tsa hao di etsa ho be thata ho ka utlwa seo batho ba bang ba se buang, kopa OHP ho o thusa ho kgetha tse lokileng bakeng sa ditsebe tsa hao le mosebetsi wa hao.</p>	<p>Close-up of mineworker wearing HPDs. Dissolve to scene of various HPDs on table at audiometric test centre Close-up of hands holding earplugs; pull back to view of OHP talking to mineworker about alternative HPDs</p>
<p>32 Bokgoni ba hao ba ho utlwa ke mpho ya bohlokwa, kahoo o se ke wa ba kotsing ya ho lahlehelwa ke bona. E ba bohlahe, bolokeha, mme o kenye di-HPD tsa hao ha ho na le lerata le lehlo. Ka ho etsa jwalo o tla be o sireletsa kutlo ya hao, empa hape mosebetsi wa hao le maphelo a lelapa la hao.</p>	<p>Animation of ear with earplug greatly attenuating machine noise (blue wave) with minimal attenuation of speech sounds (green wave) Close-up of worker inside audiometric test booth Dissolve to same worker wearing band-mounted earplugs, and then earmuffs Close-up of two mineworkers wearing HPDs</p>
<p>Closing music</p>	<p>MHSC logo Copyright statement</p>

A.2.2 HPD Training Module

Audio	Visual
<p>Opening music</p> <p>1 Batho ba sebetsang merafong ha se batho ba tlwaelehileng ba etsang mosebetsi o tlwaelehileng. Ke batho ba matla, ba rupelletseng ba tsebang ho sebetsa mmoho le ho etsa mosebetsi o phethwe.</p>	<p>MHSC logo Title: To Hear or Not to Hear: The Choice is Yours</p> <p>Scenes of underground and surface mining activities, with mineworkers wearing HPDs</p>
<p>2 Programeng ena re tla ithuta hore re ka bona jwang lerata le kotsi le hore re ka itshireletsa jwang kgahlanong le lona.</p>	<p>Dissolve to close-ups of various HPD types</p>
<p>3 Re tla sheba hape mefuta e fapaneng ya disebediswa tse sireletsang kutlo, kapa di-HPD, hore di kenngwa jwang hantle le ho di hlokomela.</p>	<p>Sequence of HPD close-ups</p>
<p>4 Re a tseba hore lerata le leholo le ka senya ditsebe tsa rona le ho senya kutlo ya rona, empa re ka tseba jwang hore lerata le leholo hoo le ka bang kotsi?</p>	<p>Sequence of underground scenes</p>
<p>5 Lerata le lekangwa ka decibels ka mitara wa modumo tjena. Decibels tse ngata ho bolela hore lerata le hodimo le ho ba kotsi haholo kutlong ya rona.</p>	<p>SLM display showing increasing decibel readings</p>
<p>6 Hangata lerata ha se bothata, hobane hangata le bophahamong bo bolokehileng. Empa mosebetsing, metjhine e hlalisa lerata le ka senyang kutlo ya rona.</p>	<p>Sequence of street scenes Dissolve to underground conveyor</p>
<p>7 Moo lerata le leng leholo haholo ho ka senya kutlo ya rona, letshwao le kang lena le re lemosa ho kenya di-HPD tsa rona ha re ya mono.</p>	<p>Close-up of blue and white earmuff sign, pulling back to show other warning signs</p>
<p>8 Empa le kantle ho letshwao, re ka nna ra bolela hore lerata le hodimo haholo. Ha o eme sebakeng sa mitara kapa bohole ba letsoho ha le otlohlwa ho tswa mothong mme o lokela ho hoeletsa hore le utlwane, lerata le leholo ho ka senya kutlo ya hao.</p>	<p>Two workers, both wearing HPDs, standing close to each other and talking Dissolve to worker holding out an extended measuring tape Dissolve back to two workers shown previously</p>
<p>9 Kahoo, ha o lokela ho hoeletsa ho ka utlwa kapa o bona letshwao lena la temoso, nnetefatsa hore o kentse di-HPD tsa hao.</p>	<p>Blue and white earmuff sign Dissolve to another warning sign for noise Dissolve to close-up of earmuffs</p>
<p>10 Potso e latelang ke ya hore ke mofuta ofe oo o lokelang ho o kenya? Mefuta e fapaneng e kenyeletsa di-earmuff le mefuta e mengata e fapaneng ya dikwahelatsebe.</p>	<p>Sequence of scenes showing various earmuffs and earplugs</p>
<p>11 Di-earmuff di loketse batho ba kenang ba tswa dibakeng tse lerata, hobane ho bonolo ho di kenya le ho di ntsha. Empa ha di dule hamonate ha mosebetsing ho tjhesa kapa ha di tlameha ho kenngwa dihora tse mmalwa ka nako. Hape, di-earmuff ho boima ho di tshwara ha di sa kenngwa.</p>	<p>Worker descending stairs and donning earmuffs before walking into workshop area Various close-ups of same worker wearing earmuffs</p>
<p>12 Dikwahelatsebe ke kgetho e ntle bakeng sa batho ba etsang mosebetsi o boima, haholoholo ha mosebetsing ho tjhesa. Hape dikwahelatsebe, ha di kentswe hantle, di fana ka tshireletso e ntle kgahlanong le lerata le leholo.</p>	<p>Coal miners wearing HPDs standing at face</p>
<p>13 Dikwahelatsebe tse itseng ke tse lahluwang mme di etseditswe shift e le nngwe, hobane di ke ke tsa hlwekiswa habonolo.</p>	<p>Close-ups of disposable earplugs</p>
<p>14 Dikwahelatsebe tse ding di ka sebediswa hape mme di ka sebediswa dibeke tse mmalwa, ha di bolokwa di hlwekile mme di hlokomelwa.</p>	<p>Close-ups of reusable earplugs</p>

Audio	Visual
15 Dikwahelatsebe tse lahlwang hangata di entswe ka lekweba le pepetehang, leo o lokelang ho le bopa menwaneng ya hao pele o di kenya ka ditsebang tsa hao. Empa di silafala habonolo, hobane ha di hlwekiswe, di lokela ho tjhentjiswa kgafetsa.	Close-ups of compressible foam earplugs held between thumb and forefinger Dissolve to close-up of foam earplug being rolled between thumb and fingers Close-up of dirty earplugs in open hand
16 Dikwahelatsebe tse sebediswang hangata di se di bopehile ho ka lekana ka ditsebang mme di na le botshwaro bo bonyenyane hore di se ke tsa silafala ha o di kenya kapa o di ntsha ka ditsebang.	Close-ups of reusable earplugs
17 Dikwahelatsebe tse sebediswang hangata di bonolo ho di hlwekisa, kahoo di tshwarella nako e telele ho feta dikwahelatsebe tse lahlwang.	Earplugs being washed in basin under running water
18 Dikwahelatsebe tse itseng di kgomathiseditswe lebanteng la polasetiki le tsamayang kamora molala kapa ka tlasa seledu. Jwaloka di-earmuff, di loketse batho ba kenang ba tswa sebakeng se lerata, hobane ho bonolo ho di kenya le ho di ntsha. Hape ho bonolo ho di tshwara ho feta di-earmuff ha di sa kenngwa.	Close-ups of band-mounted earplugs, pulling back to show worker donning them with the band under the chin Close-ups of band-mounted earplugs; dissolve to worker wearing band-mounted earplugs behind neck Close-up of band-mounted earcaps then of them being worn with band under chin
19 Tsena ke dikwahelatsebe tsa setso, tse entsweng ka ho ikgetha hore di kene hantle ditsebang tsa motho a le mong. Hona ho etsa ho be bonolo ho di kenya hantle ka nepahalo.	Close-up of custom-moulded earplugs in worker's hands, then being worn in ears, first the right, then the left
20 Mefuta ena e fapaneng ya di-HPD kaofela e fana ka tshireletso e tshwanang kgahlanong le lerata le leholo. Mofuta oo o o kgethang o itshetlehile ho moo o sebensang le hore ke mofuta ofe o ho dula hamonate ha o kenya.	Close-ups of various HPD types
21 Haeba o lokela ho kenya di-HPD bakeng sa shift yohle, kapa haeba o sebetsa mokoting kapa sebakeng se tjhesang, di-earmuff ha se kgetho e ntle. Leha di utlwahala di ho dula hamonate metsotso e mmalwa, kamora nako o ka utlwa o tjhesa haholo. Haeba hona ho etsahala, kamora matsatsi a mmalwa di-earmuff di ka qala ho hlopha letlalo la hao kapa tsa ho bakela legqopho.	Mineworker in front of surface crusher wearing earmuffs, dissolving to underground drill operator wearing earmuffs Switch back to worker at surface crusher, who complains to fellow worker that his earmuffs are too hot and exchanges his earmuffs for earplugs and then inserts them
22 Hape, ha o dikgalase tsa tshireletso tse kenngwang kahodima ditsebe, tse ding dikgalase di ka thibela di-earmuff ho kgomarela ka matla ho potoloha ditsebe tsa hao.	Close-up of safety glasses being worn with earmuffs Dissolve to close-up of prescription glasses being worn with earmuffs
23 Dikwahelatsebe ke kgetho e ntle haeba o sebetsa lerateng le leholo nako e telele, haholoholo ha mosebetsing ho tjhesa.	Close-up of reusable earplugs held between thumb and fingers, then custom-moulded, disposable and band-mounted earplugs
24 Dikwahelatsebe di ka utlwahala di sa ho dule hamonate ha o qala ho di kenya, batho ba bangata ba di tlwaela habonolo. Haeba kamora matsatsi a mabedi kapa a mararo o ntse o utlwa di sa ho dule hamonate, o lokela ho kopa mofuta o mong wa dikwahelatsebe.	Scenes of mineworkers wearing earplugs
25 Hang feela ha o fumana mofuta wa dikwahelatsebe tseo o ikutlwang di ho dula hamonate mme o di tlwaela, di ke ke tsa ho tshwenya. Hantlentle, o tla ikutlwa o se monate ha o ka ba lerateng le leholo ntle le tsona.	Workshop scene with workers wearing earplugs One worker removes earplug, grimaces and immediately replaces his earplug
26 O tla ikutlwa betere haholo kamora shift ya hao haeba o ne o kentse di-HPD tsa hao. O ke ke wa ikutlwa o kgathetse haholo mme ditsebe tsa hao di tla kgona ho utlwa betere ho feta ha o ne o sebetsa ntle le di-HPD. Mme o ke ke wa utlwa modumo wa tshepe e llang ka ditsebang tsa hao.	Scenes of underground mineworkers on surface at end of their shift
27 Ha o kenya dikwahelatsebe tsa hao, ho sa kgathallatsebe hore ke tse lahlwang kapa tse sebediswang hape, ho bohlokwa ho di kenya ditsebang hantle ho kgina lerata le leholo ho senya kutlo ya hao.	Animation showing earplug's attenuation of noise (blue sound waves) and speech sounds (green sound waves)

Audio	Visual
<p>28 Hona ke kamoo o kenyang dikwahelatsebe ka nepo. La pele tshwara bokahodimo ba hlooho ya hao o ntano hulela tsebe kantle le morao, ho fihlela o utlwa kgea ya tsebe e buleha. Hona ho tamolla kgea ya tsebe. Jwale o ka sutuletsa sekwahelatsebe ka tsebeng ka letsoho le leng hore se kene hantle. Ha o ntse o sutuletsa sekwahelatsebe kahare, lokolla tsebe. E be o tlohela sekwahelatsebe.</p>	<p>Worker reaching over top of head and pulling ear outwards and back, then inserting earplug with other hand</p>
<p>29 Haeba e nngwe ya dikwahelatsebe e sa tiea, o lokela ho e kenya hape, hobane sebaka se senyenyane pakeng sa sekwahelatsebe le kgea ya tsebe ya hao se tla dumella lerata ho kena mme le senye kutlo ya hao.</p>	<p>Worker re-inserting one earplug</p>
<p>30 Haeba o sebedisa dikwahelatsebe tse lahlwang o tlameha pele o di pepete o ntano di pitika pakeng tsa monwana o moholo le menwana ya hao o etse sebopeho se kang boroso se sesesane ho ka kena ka tsebeng. Haeba matsoho a hao a le ditshila o lokela ke ho a hatlela pele, ho seng jwalo dikwahelatsebe di tla ba ditshila mme tshila e tla kena tsebeng ya hao.</p>	<p>Close-ups of disposable earplugs being held between thumb and fingers Disposable earplugs being rolled down between thumb and fingers</p>
<p>31 Ha o ntse o pepeta le ho pitika sekwahelatsebe hore se be se sesane, tshwara bokahodimo ba hlooho ya hao o ntano hulela tsebe kantle le morao, ho tamolla kgea ya tsebe jwalekaha o entse ka sekwahelatsebe se sebediswang hape. Sutuletsa sekwahelatsebe ka tsebeng ka letsoho le leng, ha o ntse o sutuletsa sekwahelatsebe kahare, lokolla tsebe. E be o tlohela sekwahelatsebe.</p>	<p>Worker reaching over top of head to pull ear outwards and back Worker inserting reusable earplug and pushing it in, releasing ear, then releasing earplug and donning hardhat</p>
<p>32 Ho sa kgathalatshe mofuta wa dikwahelatsebe tseo o di sebedisang, hang feela ha o tlohile lerateng mme o batla ho di ntsha, etsa jwalo butle le ka hlokomelo ho qoba bohloko. La pele hula bokahodimo ba tsebe ya hao kantle le morao, jwalokaha o entse ha o ne o di kenya ho tamolla kgea ya tsebe. Sena se tla dumella sekwahelatsebe ho tswa ha bonolo.</p>	<p>Close-ups of various earplugs Scenes of worker straightening ear canal before removing earplugs</p>
<p>33 Ha o sa kenya dikwahelatsebe, di boloke mokotleng wa polokelo hore di se ke tsa ba ditshila. Ho qoba ho lahlehlwa ke dikwahelatsebe, o ka tlamehla kgwele ya mokotla wa polokelo bokahareng ba makarapa a hao.</p>	<p>Earplugs being placed in storage case and storage case being attached to inside of hardhat</p>
<p>34 Dikwahelatsebe tse tlangweng lebanteng la polasetiki di ka kenngwa le lebanta kamorao ho hlooho ya hao kapa ka tlasa seledu. Ha ho kgathallehe, ha feela o hatella dikwahelatsebe ka botsitso ka ditsebeng tsa hao.</p>	<p>Scenes of band-mounted earplugs worn under chin and behind head</p>
<p>35 Haeba o sebedisa di-earmuff, sa pele nnetefatsa hore mesamo e hlwekile. Ha ho se jwalo, e hlakole ka lesela le hlwekileng kapa thaole ya pampiri. Lebanta la hlooho la polasetiki le tlameha ho lokiswa hore di-earmuff di kene hantle ho potoloha ditsebe tsa hao.</p>	<p>Close-up of earmuff cushions being wiped clean with paper towel Close-ups of earmuffs being worn without hardhat</p>
<p>36 Haeba o rwala makarapa, lebanta la hlooho le lokela ho ba kahodimo ha hlooho ya hao ho boloka di-earmuff di le tulong ya tsona, mme lebanta la hlooho la polasetiki le lokela ho ba kamorao ho hlooho ya hao ho hatella di-earmuff hore di tsetse ho potoloha ditsebe tsa hao.</p>	<p>Earmuffs being worn with hardhat, then with hardhat removed to show the thin head strap positioned over top of head Earmuffs being worn with hardhat back in place</p>
<p>37 Haeba o na le meriri e melelele, sutuletsa meriri ya hao kamorao ho ditsebe tsa hao ho seng jwalo e tla sitisa di-earmuff ho kgomarela ka botsitso le ho boloka lerata kantle. Masale a maholo a lokela ho ntshwa hobane le oona a ka sitisa di-earmuff ho kena ka botsitso.</p>	<p>Female worker pushing hair back behind ears, then donning earmuffs Close-up of ear with earring; dissolve to same woman wearing her earmuffs with hardhat and glasses</p>

Audio	Visual
<p>38 Dikwahelatsebe le di-earmuff di tlameha ho hlokomelwa le ho bolokwa di hlwekile. Mafelong a shift e nngwe le e nngwe hlatswa dikwahelatsebe ka sesepa le metsi a futhumetseng, di omise o ntano di kgutlisetsa mokotleng wa tsona wa polokelo. Haeba o sebedisa di-earmuff, hlakola mesamo ka lesela le hlwekileng kapa thaole ya pampiri e kolobeditsweng hanyenyane ka metsi. O ntano di omisa pele o di boloka moo di ke keng tsa silafala.</p>	<p>Close-up of various reusable earplugs being washed at a basin with soap and water, then dried and placed in a storage case</p> <p>Earmuffs being wiped clean with a paper towel</p>
<p>39 Haeba o dumella di-HPD tsa hao ho ba ditshila di ka kgathatsa letlalo la hao kapa tsa baka tshwaetso ya tsebe. Ha sena se etsahala, e ya Medical Station kapa Occupational Health Centre mme o alafshwe.</p>	<p>Mineworkers undergoing otoscopic examination</p>
<p>40 Haeba o lahlehelwa ke di-HPD tsa hao, kapa haeba ke tsa kgale kapa di senyeha, o lokela ho fumana tse ntjha hanghang.</p>	<p>Mineworkers being given replacement HPDs by OHP</p>
<p>41 Haeba o sebedisa dikwahelatsebe mme o lokela ho tsamaya ka ketjhe ho ya mosebetsing wa hao, hopola: Ho qoba ho se phuthullohe mme ho etsahale hore o senya ditsebe tsa hao. O SE KE WA ya hodimo le tlaase ka ketjheng o kentse dikwahelatsebe. Kamehla di ntshe pele o kena ka ketjheng. Haeba morao o batla hore e mong le e mong a kenye di-HPD le ka ketjheng, butle lokolla dikwahelatsebe pele o kena. Di tla nne di ho sireletse kgahlanong le lerata mme, hobane di sa kgomaretswa ka thata ditsebeng, ditsebe tsa hao di ke ke tsa sengwa ke ho fetoha ha kगतello ya moya.</p>	<p>Mineworkers preparing to enter cage</p> <p>Mineworkers travelling in cage</p>
<p>42 Ha o qala ho kenya di-HPD o tla fumana hore medumo e tlaase, mme le hore hape e fapane.</p>	<p>Continuous miner, then coalminers at face</p>
<p>43 Sena ke ka hobane di-HPD di thibela medumo e mengata e hodimo e tswang metjhing, empa di dumella medumo e meng e mengata ho kena ka ditsebeng. Hona ho etsa hore ho be bobebe ho utlwa mantswe a batho, a etswang ke medumo e mahareng le e tlaase.</p>	<p>Animation of earplug attenuating the high-frequency sound waves from machinery noise (red sound waves) more than the middle and low-frequency sound waves from speech (green sound waves)</p>
<p>44 Ke nnete le ka matshwao a temoso. Di-HPD di thibela lerata la motjhine ho feta, ho etsang ho be bobebe ho utlwa matshwao a temoso hore o sebetse ka polokeho. Sound effect: Soft machinery noise and loud reversing signal</p>	<p>Animation of earplug attenuating the high-frequency sound waves from machinery noise (blue sound waves) more than lower frequency sound waves from the warning signal (green sound waves)</p>
<p>45 Haeba di-HPD di etsa hore o thatafallwe ke ho utlwa seo batho ba bang ba se buang, kopa OHP ho o thusa ho kgetha tse nepahetseng bakeng sa ditsebe tsa hao le mosebetsi wa hao. Sound effect: Audiometric test signal</p>	<p>Worker undergoing audiometric test, then close-up of worker responding to test signal by pressing patient response button</p> <p>OHP monitoring audiometric test, zooming in to computer screen showing test results, dissolving to view of HPDs on table with computer screen</p> <p>OHP explaining correct use of earplugs to worker who has just had his ears tested</p>
<p>46 Jwalokaha o tseba, ho ka ba le dikotsi tse ngata mosebetsing, empa ha o sebetse ka bohlale me o sebedisa di-PPE tsa hao o tla be o nnetefatsa hore ha o lemale. Kenya di-HPD ho sireletsa kutlo ha lerata le le leholo. Hobane ha ditsebe tsa hao di sentswa ke lerata, di ke ke tsa hlola di fola. Sebetse ka bohlale le ho sebetse ka polokeho. Kenya hearing protection devices mme o di hlokomela. Di tla hlokomela kutlo ya hao.</p>	<p>Succession of scenes showing workers wearing HPDs and other PPE</p>
<p>Closing music</p>	<p>MHSC logo</p> <p>Copyright statement</p>

Appendix 3 Xhosa transcript for video programme

“To Hear or Not to Hear: The Choice is Yours”

A.3.1 Educational/Motivational Module

Audio	Visual
<p>Opening music</p> <p>1 Abantu abasebenza emgodini abangobantu abaqhelekileyo abenza umsebenzi oqhelekileyo. Bomelele, bangabantu abanezakhono abakwaziyo ukusebenzisana nokwenza umsebenzi ugqibeke.</p>	<p>MHSC logo</p> <p>Scenes of underground mining activities</p>
<p>2 Yonke imihla aba bantu basebenza ngoomatshini abakhulukazi kwiimeko ezinzima ukugubhulula ubutyebi bendalo elityeni, babulungise babucokise kumzimveliso (<i>plant</i>).</p>	<p>Scenes of opencast mining and smelting operations</p> <p>Opencast scene featuring signage for personal protective equipment (PPE)</p>
<p>3 Banolwazi olupheleleyo ngeemeko ezinzima apho basebenza baqinisekise ukuba basebenzisa iPPE yabo ukunciphisa iingozi zomonzakalo. Banxiba iibhutsi zokhuseleko ukukhusela iinyawo zabo, izikhuseli zamadolo abo, iiglavzi zezandla zabo, iigoglizi zamehlo abo, iminqwazi eqinileyo yeentloko zabo, kwakunye nezinto zokufaka ezindlebeni okanye izivingco zendlebe ukukhusela iindlebe zabo nokumamela kwabo.</p>	<p>Sequence of scenes showing safety boots worn by mineworkers, knee guards, gloves, goggles, hardhats, and HPDs</p>
<p>4 Basebenza nzima kodwa basebenza ngokuphaphileyo yaye ukusebenza phaphileyo kuthetha ukusebenza khuselekileyo. Yaye kukho udidi olunye lomonzakalo abathi abanye abantu bangawuthathi ngondileko njengoko bebefanele.</p>	<p>Scenes of underground coal mining activities</p>
<p>5 Ayingomonzakalo ucacileyo njengesandla esonzakeleyo okanye umlenze owaphukileyo. Lo ngumonakalo owahlukileyo yaye wenzeka nakowuphi umntu ongazikhuseliyo kuwo. Lolona hlobo lomonzakalo owoyikekayo kuba umntu akazi ukuba kuyenzeka yaye kuba akukho yeza okanye nyango lakuwulungisa. Lo monzakalo usisigxina.</p>	<p>Close-up of injured hand being dressed</p>
<p>6 Kuba kungekho ntlungu, umntu angawuqaphela umonakalo emva kokuba omnye umntu ethe wabona ingxaki okanye kuvavanyo lokuva lonyaka. Kodwa ngeli xesha umntu sele ekhubazekile elahlekelwe kukuva. Sound effect: Audiometric test signals, each one louder than the previous</p>	<p>Close-ups of faces of female and male mineworkers inside audiometric test booth</p>
<p>7 Narrator’s translation of Subject 1’s voice “Ndifumanise ukuba xa sele ungaseva, iwonga lakho liyathobeka. Abantu abasakuthathi njengomntu.”</p>	<p>Close-up of Subject 1</p>
<p>8 Narrator’s translation of Subject 2’s voice “Kunzima kum kuba ukuba andinakuba, emsebenzini andinakusebenza ngokulindelekileyo. Ngenxa yoku ndiyasokola emsebenzini. Andisazuzi ntlawulo yangaphantsi. Ndatshintshwa ngaphantsi. Ngoku nditshintshelwe ngaphezulu.”</p>	<p>Close-up of Subject 2 (man with hearing aid)</p>

Audio	Visual
9 Ukungeva akuchaphazeli isithulu sodwa kodwa kuchaphazela nabahlobo nosapho lomntu lowo, njengoko efumanisile u-Octavia, umfazi womsebenzi wasemgodini nabantwana bakhe ababini.	Still shots of Octavia and her two sons, followed by close-up of Octavia speaking
10 Interview with Octavia, wife of a mineworker “Akufani nakuqala – wayeyindoda elungileyo enoburharha edlala imidlalo yebhola. Kwakungekho ngathi kukho umama notata. Wayefana nomnye wabantwana ngokuthanda ukudlala yaye sasilusapho olubumbeneyo.”	Camera pulls back to show Octavia in room with her two sons and the interviewer
11 Interview with Sibusu, Octavia’s younger son “Ndiva ngathi uyasikhathaza. Xa sihleka ucinga ukuba sincokola okanye sihleba ngaye. Xa sithetha ucinga ukuba sithetha ngaye. Akasivumeli sibukele umabonakude. Akafuni nokuba sidlale iiteyiphu/amakhasethi okanye simamele amabali. Xa sizama ukudlala iiteyiphu/amakhasethi uyasingxolisa asibethe.”	Close-up of Sibusu
12 Interview with Octavia “Xa ufuna akuve, kufuneka ukhwaze ezindlebeni zakhe. Hayi kanye, kufuneka ukhwaze ixesha elide. Ngenxa yoku, andikwazi ukuxoxa naye imiba yabucala okanye imicimbi yosapho yaye ndiziva nditshutshisekile.”	Close-up of Octavia
13 “Uyalwa kuba ucinga ukuba simenza isidenge. Nditsho nasemsebenzini uthi abantu bamenza intlekisa. Akasenabo nabuphi ubuhlobo nabasebenzi asebenza nabo yaye oko kundivisa kabuhlungu. Bacinga ukuba unekratshi ukuthetha nabo. Abaqondi ukuba oku akakwenzi ngeenjongo. Kungenxa yokuba esisithulu.”	Wide view of Octavia and children in room with interviewer, zooming to close-up of Octavia as she speaks
14 Ingxolo yokuba ayinanto yakwenza nokuba umntu womelele okanye ubhetyebhetye kangakanani okanye mncinci okanye mdala kangakanani. Umntu owohlulekayo kukuzikhusela kwingxolokazi enkulu angaba nokungeva nditsho nokuba uselula.	Group of underground coalminers, dissolving to scene of drilling at a surface operation
15 Ukungeva kubangelwa kukusebenza ngoomatshini abangxolayo nokunganxibi izixhobo zokuzikhusela ekuveni okanye iiHPDs, ezinjengeeplagi zeendlebe izincamathelisi ezindlebeni.	Dump truck passing in foreground of drill operators from previous scene, dissolving to scene of dump truck and loaders, then dissolving to wider view of activities at surface operation
16 Narrator’s translation of Subject 2’s voice “Ndingamxelela umntu ukuba ndingambona ngaphandle kwezikhuseli zakhe, njengomntu olahlekewle kukuva kwakhe ngaphantsi komgodi, ndingamxelela ukuba ufanele asebenzise iHPDs ukukhusela iindlebe zakhe.”	Close-up of Subject 2 (man with hearing aid)
17 Iimpawu/izalathiso kwindawo yokusebenza ziyasilumkisa ukuba sinxibe iibhutsi, iiglavzi, iminqwazi eqinileyo, iigoglizi kunye neeHPDs xa kufuneka njalo.	Shot of warning signs for PPE: Boots, gloves, hardhats, goggles and HPDs
18 Wonke umntu osebenza emgodini uyazi ukuba kufanele anxibe umqwazi oqinileyo ukukhusela intloko yakhe. Kodwa abanye abantu abakhangeleki besazi ukuba bafanele banxibe neeHPDs ukukhusela ukuva/iindlebe.	Mineworker at surface operation wearing hardhat and earplugs, dissolving to scenes of underground mineworkers, some with and some without HPDs

Audio	Visual
<p>19 Masijonge indlela iindlebe zethu ezisebenza ngayo indlela ingxolo enkulu ezonakalisa ngayo. Apha singabona amaza esandi engena endlebeni efikelela kwingqongqwana, eyenza ingcangcazele.</p> <p>Njengoko ingqongqwana ishukushukumela ngasemva naphambili, itshova la mathambo mathathu abhityileyo ngokuchasene nomphakathi wendlebe, edala amaza kulwelo olungaphakathi.</p> <p>Amaza ahamba ngolwelo aphazamise ezinwele zibhityileyo, ezenza ukuba zishukumele ngasemva naphambili. Nanjengoko zishukuma, imiyalezo ithunyelwa engqondweni ukuze sive isandi.</p> <p>Ingxolo enkulu yenza amaza amakhulukazi kulwelo. Ukuba ingxolo inkulu kakhulu, amaza onakalisa okanye atshabalalise ezinye zeenwele, uninzi noninzi ngosuku ngalunye.</p> <p>Ukuba oku kuyenzeka, umntu akanakuphinda akwazi ukuva izandi ezithile yaye kuba umonakalo ungenakunyangeka okanye ulungiseke ubuthulu busisigxina.</p>	<p>Animation of head and outer ear, with sound waves entering the ear, travelling down the ear canal, causing the eardrum to vibrate and push the middle ear ossicles against the inner ear</p> <p>Close-up of eardrum and middle ear ossicles</p> <p>Pull back to include view of inner ear and hair cells</p> <p>Close-up of inner ear, showing movement of hair cells</p> <p>Pull back to include view of impulses travelling along the auditory nerve towards the brain, as well as middle and outer ear with depiction of sound waves</p> <p>Zoom to close-up of inner ear, showing damage to some of the hair cells</p> <p>Pull back to show auditory nerve with a reduced number of impulses travelling towards the brain</p> <p>Pull back further, for view of ear: of the external ear canal, middle ear, inner ear and auditory nerve</p>
<p>20 Abanye abantu bacinga ukuba, ukuba ukuva kwabo sele konakalisiwe akusekho sidingo sakunxiba ziHPDs. Into abangayiqondiyo kukuba umonakalo uya usibawesi ngokubawesi. Ungabambi kangangokuba umntu akanakuphinda akwazi ukusebenza khuselekileyo yaye abhengezwe njengongawulungelanga umsebenzi.</p>	<p>Scene of dump truck in opencast operation, dissolving to mineworker in foreground without HPDs</p>
<p>21 Interview with Subject 2 Kude kukho nabanye abantu abacinga ukuba kungalunga ukulahlekelwa kukuva/ukungeva ukuze ufumane imali yembuyekezo. Kodwa mamela okuthethwa yile ndoda:</p> <p>“Ngoku wena, ukuba ndiyakubuza, ubona imali ingcono okanye ubungacela uThixo akubuyisele ukuva kwakho: ubungakhetha ukuthatha eyiphi?”</p> <p>“Bendingakhetha ukuva kwakhona. Ndiyasiva isithukuthezi. Andazi ukuba abanye bahleka ntoni yaye ndiva isithukuthezi ngaphakathi kum.”</p>	<p>Close-up view, panning across bank notes</p> <p>Dissolve to close-up of Subject 2 (man with hearing aid) listening to interviewer’s question</p> <p>Close-up of Subject 2 answering interviewer’s question</p>
<p>22 Ngexesha ngalinye umntu esiya kwindawo enegxolo ngaphandle kokunxiba iHPDs, ukuva kwabo kuyonakala kancinci nangakumbi. Amaxesha amabalwa okuqala iindlebe zabo zingavakala zindindisholo kancinci yaye emva kweshifti abanakukwazi ukuva kakuhle ixeshana. Bangeva nesandi sokukhala okanye sokufutha/ sokutsholoza esisuka ngaphakathi kwiindlebe zabo. Sound effect: High-pitched ringing sound</p>	<p>Close-up of warning sign for noise and hearing protection, pulling back to view of pump chamber</p> <p>Dissolve to scene of conveyor belt, then milling plant</p> <p>Close view of plant operator, pulling back to wider view of plant</p>
<p>23 Esi sisilumkiso sokuba ingxolo ibinkulu yaye ibisonakalisa iindlebe zakho. Ukuba bayaqhubeka nokuya kwingxolo ngaphandle kokusebenzisa iiHPDs ukuva kwabo kwakonakala naphakade yaye kube wesi ngexesha ngalinye besiya kwindawo enengxolo. Bayakuya besiva kancinci kancinci kude kube abanakukwazi ukuqonda into ethethwa ngabanye abantu kubo.</p>	<p>Dissolve to scene of a man at a social festival, with “dulled” sound as he hears it. Pull back to wider view and dissolve to close-up of Zulu dancers, with “crisp” sound as it actually is.</p> <p>View of people in stands, with “dull” sound as heard by woman pulling at her ear</p> <p>Scene of horn players, with sound of the music suddenly becoming “dulled”, dissolving to scene of three women in crowd, still with “dulled” music</p>
<p>24 Ingaba lo mntu uyakukwazi njani ukuqonda into abanye abantu abayithethayo okanye iimpawu/izalathiso zesilumkiso?</p>	<p>Dissolve to scene of two mineworkers at a surface operation, the one without HPDs unable to hear what the other is saying</p>

<p>25 Ngokuva okubi okunjalo, lo mntu uyakubayingozi kwisiqu sakhe. Oku kuyakuthetha ukutshintshelwa komnye umsebenzi obaluleke kancinci onentlawulo ephantsi okanye wesi kunoko angakwazi ukwenza nawuphi umsebenzi emgodini. Ukuba oku kuyenzeka kuyakwenza usapho lomntu luhlupheke.</p> <p>Sound effect: Warning signal from forklift</p>	<p>Close-up of mineworker in front of surface conveyor without HPDs</p> <p>Dissolve to close-up of person mopping floor in workshop</p> <p>Pull back to show that the person mopping the floor is unaware of approaching forklift</p>
<p>26 Akungconwanga ukukhusela ukungeva ukuba kungenzeki kwasekuqaleni? Ewe kunjalo kanye, yaye singakwenza oku ngokusoloko sinxiba iiHPDs xa sisebenza apho kukho ingxolo enkulu.</p>	<p>Sequence of scenes showing mineworkers wearing HPDs</p>
<p>27 Wonke ubani osebenza kwingxolo enkulu udinga ukukhusela ukuva kwabo ukuba kungonakali. Ngoko ke naphina apho ubona khona uphawu/isalathiso okanye naphina apho ingxolo inkulu khona qinisekisa ukuba uyakhwaza ukuze uve, qinisekisa ukuba unxiba iiHPDs.</p>	<p>More scenes of mineworkers wearing HPDs,</p> <p>Dissolve to close-up of HPD warning sign</p> <p>Dissolve to workshop scene with two workers wearing HPDs</p>
<p>28 Ungacinga ukuba kulungile ukunxiba iiHPDs zakho amaxesha amaninzi yaye uzisuse ngethutyana nje elifutshane. Kodwa kuthatha isiqingatha semizuzu embalwa ukuba ingxolo enkulu ikwenze buthathaka ukuva kwakho, ngoko ke ufanele ungaze ususe iiHPDs zakho nditsho nokuba ufuna ukuva umntu.</p>	<p>Close-up of one worker removing an earplug, apparently to better hear what the other is saying</p> <p>Close-up of worker who removed his earplug apparently finding the noise from the grinder to be unpleasant, and then replacing his earplug</p>
<p>29 Ukususa iiHPDs zakho ukuze uve into omnye umntu ayithethayo yimpazamo ngeendlela ezimbini.</p> <p>Okokuqala kuvumela ingxolo enkulu kwiindlebe zakho konakalise ukuva kwakho. Sound effect: Loud machine noise</p> <p>Kwakhona, xa ingxolo inkulu, iiHPDs zenza kubelula ukuva into omnye umntu ayithethayo kuba iiHPDs zithintela ubuninzi bengxolo yoomatshini ngexa zivumela uninzi lwesandi esivela emazwini abantu kwiindlebe zakho.</p>	<p>Animation of sound waves from machine noise (blue wave) and sound waves from speech (green wave) reaching the ear, and then the earplug being removed</p> <p>Shift to view of machine noise and speech sounds reaching the eardrum</p> <p>Shift back to view of entire ear with earplug in place, showing greater attenuation of high-frequency machine noise (blue wave) and less attenuation of middle- and low-frequency speech sounds (green wave)</p>
<p>30 Oku kuyinyaniso ngeempawu/zalathiso zolumkiso: kwingxolo enkulu uyakukwazi ukuva iimpawu/izalathiso ngokucace gca yaye usebenze khuselekileyo ukuba unxibe iiHPDs zakho.</p> <p>Sound effect: Dump truck reversing signal</p>	<p>Dissolve to scene of reversing dump truck, with mineworker walking behind and away from the truck apparently unable to hear warning signal. A second worker, who is walking towards the dump truck, points to the danger and pulls the first worker out of the way.</p>
<p>31 Ukuba iiHPDs zakho zenza kubenzima ukuva into abanye abantu abayithethayo, cela iOHP ikuncede ukukhetha ezona zilungele iindlebe zakho nendawo osebenza kuyo.</p>	<p>Close-up of mineworker wearing HPDs.</p> <p>Dissolve to scene of various HPDs on table at audiometric test centre</p> <p>Close-up of hands holding earplugs; pull back to view of OHP talking to mineworker about alternative HPDs</p>
<p>32 Ukubanako kwakho ukuva sisipho esinexabiso ngoko ke musa ukusibeka engozini yokuba sikulahlekele. Phapha, khuseleka yaye nxiba hearing protection devices zakho naphina apho kukho ingxolo enkulu.</p> <p>Ngokwenza njalo uyakuba ukhusela ukuva kwakho, kwakunye nomsebenzi wakho nditsho nempilo yosapho lwakho.</p>	<p>Animation of ear with earplug greatly attenuating machine noise (blue wave) with minimal attenuation of speech sounds (green wave)</p> <p>Close-up of worker inside audiometric test booth</p> <p>Dissolve to same worker wearing band-mounted earplugs, and then earmuffs</p> <p>Close-up of two mineworkers wearing HPDs</p>
<p>Closing music</p>	<p>MHSC logo</p> <p>Copyright statement</p>

A.3.2 HPD Training Module

Audio	Visual
<p>Opening music</p> <p>1 Abantu abasebenza emgodini abangobantu abaqhelekileyo abenza umsebenzi oqhelekileyo. Bomelele, bangabantu abanezakhono abakwaziyo ukusebenzisana nokwenza umsebenzi ugqibeke.</p>	<p>MHSC logo Title: To Hear or Not to Hear: The Choice is Yours</p> <p>Scenes of underground and surface mining activities, with mineworkers wearing HPDs</p>
<p>2 Kule nkqubo sizakufunda ukukwazi ukunakana ingxolo enobungozi nokukwazi ukuzikhusela kuyo.</p>	<p>Dissolve to close-ups of various HPD types</p>
<p>3 Sizakube sijonga iindidi ezahlukeneyo zeedivayisi/zixhobo zokukhusela ukuva, okanye iiHPDs ukuba zifakwa njani ngendlela elungileyo nokuba zikhathalelwa njani.</p>	<p>Sequence of HPD close-ups</p>
<p>4 Siyazi ukuba ingxolo enkulu ingazonzakalisa iindlebe zethu yaye itshabalalise nokuva kwethu, kodwa singazi njani ukuba ingxolo inkulu ngokwaneleyo ukuba ibeyingozi?</p>	<p>Sequence of underground scenes</p>
<p>5 Ingxolo iilinganiswa kwimilinganiselo yokuvakala kwesandi ngesandi semitha esinje ngesi. Imilinganiselo yokuvakala kwesandi ithetha ukuba ingxolo inkulu kakhulu yaye inobungozi nangakumbi kukuva kwethu.</p>	<p>SLM display showing increasing decibel readings</p>
<p>6 Amaxesha amaninzi ingxolo asiyongxaki kuba idla ngokuba kumaqondo akhuselekileyo. Kodwa kwindawo yokusebenza, oomatshini benza ingxolo engonakalisa ukuva kwethu.</p>	<p>Sequence of street scenes Dissolve to underground conveyor</p>
<p>7 Apho ingxolo inkulu ngokwaneleyo ukuba yonakalise ukuva kwethu, uphawu/isalathiso esinje siyasilumkisa ukuba sinxibe iiHPDs xa sisiya khona.</p>	<p>Close-up of blue and white earmuff sign, pulling back to show other warning signs</p>
<p>8 Kodwa nangaphandle kophawu/salathiso singathi sikwazi ukuxela xa ingxolo inkulu. Ukuba ume kumgama oyimitha enye okanye kufutshane nomntu yaye kufuneka ukhwaze ukuze nivane, ingxolo inkulu ngokwaneleyo ukuba yonakalise ukuva kwenu.</p>	<p>Two workers, both wearing HPDs, standing close to each other and talking Dissolve to worker holding out an extended measuring tape Dissolve back to two workers shown previously</p>
<p>9 Ngoko ke naninina kufuneka ukhwazile ukuze uvakale okanye naphina ubona uphawu/isalathiso sokulumkisa qinisekisa ukuba unxibe iiHPDs zakho.</p>	<p>Blue and white earmuff sign Dissolve to another warning sign for noise Dissolve to close-up of earmuffs</p>
<p>10 Umbuzo olandelayo luluphi udidi lweHPD ofanele ukulunxiba? lintlobo ezahlukeneyo ziquka izivingco zeendlebe kwakunye neendidi ezininzi ezahlukeneyo zeeplagi zeendlebe.</p>	<p>Sequence of scenes showing various earmuffs and earplugs</p>
<p>11 Izivingco zeendlebe zibalungele abantu abangena bephuma kwiindawo ezinengxolo kuba kulula ukuzifaka nokuzikhupha. Kodwa ziyathukuthezela/azonwabisi ukuba indawo yokusebenza ishushu okanye kufuneka zinxitywe iiyure eziliqela ngexesha. Kwakhona iizivingco zeendlebe kunzima ukuziphatha xa zinganxitywanga.</p>	<p>Worker descending stairs and donning earmuffs before walking into workshop area Various close-ups of same worker wearing earmuffs</p>
<p>12 Iiplagi zeendlebe zilukhetho olulungileyo lwabantu abenza umsebenzi onzima kakhulu, ingakumbi ukuba indawo yokusebenza ishushu. Yaye ukuba iiplagi zeendlebe zifakwe kakuhle zinika ukhuseleko olungqingqwa kwingxolo enkulu.</p>	<p>Coal miners wearing HPDs standing at face</p>

Audio	Visual
13 Ezinye iiplagi zeendlebe ziyalahlwa yaye zimelwe kukusetyenziswa kwishifti enye kuphela kuba azinakucoceka lula.	Close-ups of disposable earplugs
14 Ezinye iiplagi zeendlebe zingaphinda zisetyenziswe iiveki eziliqela ukuba zigcinwe zicocekile yaye zikhathalelwe.	Close-ups of reusable earplugs
15 Iiplagi zeendlebe ezilahlwayo zidla ngokwenziwa ngogwebu/siponji esisongiweyo omele kukusibumba kwiminwe yakho phambi kokusifaka ezindlebeni zakho. Kodwa zingcoliseka lula yaye kuba zingenakucocwa kufanele zitshintshwe rhoqo.	Close-ups of compressible foam earplugs held between thumb and forefinger Dissolve to close-up of foam earplug being rolled between thumb and fingers Close-up of dirty earplugs in open hand
16 Iiplagi zeendlebe eziphinda zisetyenziswe sele zibunjiwe ukulingana ezindlebeni yaye ezinye zinemiqhetyana ukuze zingangcoli xa uzifaka ezindlebeni okanye uzikhupha.	Close-ups of reusable earplugs
17 Iiplagi eziphinda zisetyenziswe kuluka ukuzicoca ngoko ke zihlala ixesha elide kunezo zilahlwayo.	Earplugs being washed in basin under running water
18 Ezinye iiplagi zeendlebe ziqhinishelwe ngerabha eplastiki ehamba emva kwentamo okanye phantsi kwesilevu. Njengezivingco zeendlebe ezi zikwabalungele abantu abangena bephuma kwiindawo ezinengxolo kuba kulula ukuzifaka nokuzikhupha. Yaye kulula ukuziphatha kunezivingco zeendlebe xa zingaxitywanga.	Close-ups of band-mounted earplugs, pulling back to show worker donning them with the band under the chin Close-ups of band-mounted earplugs; dissolve to worker wearing band-mounted earplugs behind neck Close-up of band-mounted earcaps, then of them being worn with band under chin
19 Ezi ziplagi ezibunjiwe ngokusesikweni ezenzelwe ukuba zilungele indlebe zomntu omnye. Oko kwenza kubelula ukuzinxiba kakuhle.	Close-up of custom-moulded earplugs in worker's hands, then being worn in ears, first the right, then the left
20 Ezi ndidi zahlukeneyo zeeHPDs zonke zinika ukhuseleko olufanayo kwingxolo enkulu. Uddi olukhethayo luxhomekeke kwindawo osebenza kuyo nokuba luluphi uddi olufumanisa lukhululekisa/lisonwabisa ukulinxiba.	Close-ups of various HPD types
21 Ukuba kufanele unxibe iiHPDs zakho kwishifti yonke okanye ukuba usebenza ngaphantsi okanye kwindawo eshushu, izivingco zeendlebe azilokhetho lulungileyo. Nangona zingavakala zikhululekile imizuzwana embalwa emva kwexeshana ungaziva ushushu kakhulu. Ukuba oku kuyenzeka emva kweentsuku ezimbalwa izivingco zeendlebe zingaqala ukutyabula isikhumba sakho okanye zenze irhashalala kwisikhumba sakho.	Mineworker in front of surface crusher wearing earmuffs, dissolving to underground drill operator wearing earmuffs Switch back to worker at surface crusher, who complains to fellow worker that his earmuffs are too hot and exchanges his earmuffs for earplugs and then inserts them
22 Kwakhona ukuba unxiba iiglaszi zokhuseleko ezinxitywa phezu kweendlebe, ezinye zezi glasi zinga zikhusela izivingco zeendlebe ukuba zingaciki ngokuqiniseyo ezindlebeni zakho.	Close-up of safety glasses being worn with earmuffs Dissolve to close-up of prescription glasses being worn with earmuffs
23 Izivingco zeendlebe lolona khetho lulungileyo ukuba usebenza kwingxolo enkulu ixesha elide, ingakumbi ukuba indawo osebenza kuyo ishushu.	Close-up of reusable earplugs held between thumb and fingers, then custom-moulded, disposable and band-mounted earplugs
24 Iiplagi zeendlebe zingavakala zithukutheza xa uqala ukuzinxiba kodwa abantu abaninzi bayaziqhela kwamsinyane. Ukuba emva kweentsuku ezimbini okanye ezintathu usaziva zithukutheza ufanele ucele ukuzama olunye uddi lweplagi zeendlebe.	Scenes of mineworkers wearing earplugs
25 Wakuba ulufumana uddi lweplagi zeendlebe olukhululekayo yaye uluqhele awunakuphinda uhlutshwe lulo. Kungenjalo uyakufumanisa kukruqula ukuba kwingxolo enkulu ngaphandle kwazo.	Workshop scene with workers wearing earplugs One worker removes earplug, grimaces and immediately replaces his earplug

Audio	Visual
26 Uyakuziva ngcono kakhulu emva kweshifti ukuba ubusoloko unxibe iiHPDs zakho. Awuyi kuziva udiniwe yaye neendlebe zakho zakubanako ukuva ngcono kunaxa ubusebenza ngaphandle kweeHPDs zakho. Yaye awuyikuba zandi zitswinayo ezindlebeni zakho.	Scenes of underground mineworkers on surface at end of their shift
27 Xa ufaka iiplagi zakho zeendlebe nokuba zezilahlwayo okanye zeziphinda zisetyenziswe, kubaluleke kakhulu ukuba uzifake ezindlebeni zakho ngokufanelekileyo ukunqanda ingxolo enkulu ukuba ingonzakalisi ukuva kwakho.	Animation showing earplug's attenuation of noise (blue sound waves) and speech sounds (green sound waves)
28 Le yindlela ofaka ngayo iiplagi zeendlebe zakho kakuhle. Kuqala fikelela kumphezulu wentloko yakho utsalele indlebe yakho ngaphandle nangasemva ude uve ikhanali yendlebe itsaleka ivuleka. Oku kuyimisa nkqo ikhanali yendlebe. Ngoku ungayitshova iplagi yendlebe endlebeni yakho ngesinye isandla ukuze ifakisiseke qinileyo. Ngexa usatshovela iplagi yendlebe ngaphakathi, khulula indlebe. Emva koko yiyeke iplagi yendlebe.	Worker reaching over top of head and pulling ear outwards and back, then inserting earplug with other hand
29 Ukuba enye yeepalagi zendlebe ayiqinanga kufanele uphinde uyifakisise, kuba nesikhewu esincinci phakathi kweepalagi zeendlebe kunye neekhanali zakho zeendlebe zakuvumela ingxolo ukuba ingene yonzakalise ukuva kwakho.	Worker re-inserting one earplug
30 Ukuba usebenzisa iiplagi zeendlebe ezilahlwayo kuqala kufuneka uzicudise uzisonge phakathi koobhontsi bakho neminwe ukuze wenze imilo enjenge soseyiji ebhitye ngokwaneleyo ukuba yonele endlebeni. Ukuba izandla zakho zimdaka kufuneka kuqala uzihlambe okanye iiplagi zeendlebe zakungcola yaye ukungcola kwakungena ezindlebeni zakho.	Close-ups of disposable earplugs being held between thumb and fingers Disposable earplugs being rolled down between thumb and fingers
31 Ngexesha usacudisayo usonga iplagi zeendlebe ukuzigcina zibhityile, fikelela phezu kwentloko yakho ngesinye isandla ukutsalela ngaphandle nasemva indlebe ukumisa nkqo ikhanali yendlebe njengoba kwakwenziwe ngesinye isandla yaye ngexa utshova iplagi yendlebe khulula indlebe yakho. Emva koko uyiyekela iplagi yendlebe.	Worker reaching over top of head to pull ear outwards and back Worker inserting reusable earplug and pushing it in, releasing ear, then releasing earplug and donning hardhat
32 Naluphi uhlobo lweepalagi zeendlebe ozisebenzisayo wakuba ungekho kwingxolo yaye ufuna ukuzisusa kwenze oko kancinci nangokuqaphileyo ukunqanda uthukuthezelo. Kuqala tsalela umphezulu wendlebe yakho ngaphandle nangasemva njengoko ubuwenzile xa ubuzifaka ukumisa nkqo ikhanali yendlebe. Oku kwakuvumela iplagi yendlebe ukuba iphume lula.	Close-ups of various earplugs Scenes of worker straightening ear canal before removing earplugs
33 Xa ungazinxibanga iiplagi zeendlebe zigcine kwityesi yokugcina ukuze zingafumani kungcola. Ukunqanda ukulahleka kweepalagi zeendlebe ngabophelela umsonto wetyesi yokugcina phakathi kumnqwazi wakho oqinileyo.	Earplugs being placed in storage case and storage case being attached to inside of hardhat
34 Iiplagi zeendlebe yaye zincanyatheliswe ngerabha yeplastiki zinganxitywa nerabha emva kwentloko okanye ngaphantsi kwesilevu. Akukhathaliseki egameni lokuba nje ucinezela iiplagi zeendlebe ngokuqinisekileyo ezindlebeni zakho.	Scenes of band-mounted earplugs worn under chin and behind head

Audio	Visual
35 Ukuba usebenzisa izivingco zeendlebe kuqala qinisekisa ukuba iikhushini zicocekile. Ukuba azicocekanga zosule ngelaphu elicocekileyo okanye itawuli yephepha. Irabha yeplastiki mayilungelelaniswe ukuze izivingco zeendlebe zilungele iindlebe zakho.	Close-up of earmuff cushions being wiped clean with paper towel Close-ups of earmuffs being worn without hardhat
36 Ukuba unxibe umnqwazi oqinileyo umtya wentloko obhityileyo mawuhambe phezu kwentloko yakho ukugcina izivingco zeendlebe endaweni yazo yaye irabha yentloko yeplastiki mayibengasemva kwentloko yakho ukucinezela izivingco zeendlebe ziqine ezindlebeni zakho.	Earmuffs being worn with hardhat, then with hardhat removed to show the thin head strap positioned over top of head Earmuffs being worn with hardhat back in place
37 Ukuba unenwele ezinde bhokisa iinwele zakho ngasemva kweendlebe zakho okanye zakwenza izivingco zeendlebe zingavali ngokuqinileyo yaye zingavumeli ingxolo. Amacici amakhulu kufanele asuswe kuba anganqanda izivingco zeendlebe ukuba zivale ngokuqinileyo.	Female worker pushing hair back behind ears, then donning earmuffs Close-up of ear with earring; dissolve to same woman wearing her earmuffs with hardhat and glasses
38 Iiplagi zeendlebe kunye nezingco zeendlebe mazikhathalelwe yaye zigcinwe zicocekile. Ekupheleni kweshifti nganye hlamba iiplagi zakho zeendlebe ngesepha kunye namanzi adikidiki, zomise uzibuyisele kwityesi yokugcina. Ukuba usebenzisa izivingco zeendlebe sula iikhushini ngelaphu elicocekileyo okanye ngetawuli yephepha efunyiswe ngentwana yamanzi. Emva koko zomise phambi kokuba uzibuyisele apho zingayi kungcola khona.	Close-up of various reusable earplugs being washed at a basin with soap and water, then dried and placed in a storage case Earmuffs being wiped clean with a paper towel
39 Ukuba uvumela iiHPDs zakho ukuba zingcole zingatyabula isikhumba sakho okanye zidale ungcoliseko lwendlebe. Ukuba oku kuyenzeka yiya kwiSitishi sezeMpilo okanye kwiZiko Lolondolozo lweMpilo ukuba unyangwe.	Mineworkers undergoing otoscopic examination
40 Ukuba uphulukana neeHPDs zakho okanye zindala okanye zonakele kufanele ufumane ezintsha ngokukhawuleza.	Mineworkers being given replacement HPDs by OHP
41 Ukuba usebenzisa iiplagi zeendlebe yaye kufuneka uhambe kwikheyiji ukuze ufikelele kwindawo osebenza kuyo khumbula: Ukunqanda uthukuthezeleko nomonakalo ongenzekayo ezindlebeni zakho, MUSA ukuhamba phezulu nangaphantsi kwekheyiji ngelixa unxibe iiplagi zeendlebe. Hlala uzikhulula phambi kokungena kwikheyiji. Ukuba umgodi ufuna wonke ubani anxibe iiHPDs nakwikheyiji, zilulishe kancinci iiplagi zeendlebe zakho kancinci phambi kokungena. Zakukukhusela kwingxolo yaye kuba zingavalwanga ngci ezindlebeni zakho, iindlebe zakho aziyikonakala lutshintsho loxinzelelo lomoya.	Mineworkers preparing to enter cage Mineworkers travelling in cage
42 Xa uqala ukunxiba iiHPDs uyakufumanisa ukuba izandi zivakala thambileyo yaye zivakala ngokwahlukileyo.	Continuous miner, then coalminers at face
43 Oku kungenxa yokuba iiHPDs zithintela ezona zandi zitsholo phezulu kakhulu ezisuka koomatshini kodwa zivumele uninzi lwezinye izandi ukuba zingene ezindlebeni.	Animation of earplug attenuating the high-frequency sound waves from machinery noise (red sound waves) more than the middle and low-frequency sound waves from speech (green sound waves)
44 Oku kuyinyani ngeempawu/zalathiso zokulumkisa. IiHPDs zithintela ngamandla ingxolo yoomatshini, zisenza kubelula ukuva iimpawu/izalathiso zokulumkisa khon' ukuze usebenze khuselekileyo.	Animation of earplug attenuating the high-frequency sound waves from machinery noise (blue sound waves) more than lower frequency sound waves from the warning signal (green sound waves)

Audio	Visual
<p>45 Ukuba iiHPDs zakho zenza kubenzima ukuva into abanye abantu abayithethayo, cela iOHP ikuncede ukhethe ezona zilungele iindlebe zakho nendawo osebenza kuyo.</p>	<p>Worker undergoing audiometric test, then close-up of worker responding to test signal by pressing patient response button</p> <p>OHP monitoring audiometric test, zooming in to computer screen showing test results, dissolving to view of HPDs on table with computer screen</p> <p>OHP explaining correct use of earplugs to worker who has just had his ears tested</p>
<p>46 Nanjengoko usazi zinganinzi iingozi kwindawo yokusebebza kodwa ukuba usebenza phaphileyo yaye usebenzisa iPPE zakho uyakuba uqinisekisa ukuba awonzakali. Nxiba iiHPDs zakho ukukhusela ukuva kwakho naninina xa ingxolo inkulu. Kuba ukuba iindlebe zakho zonzakalisiwe yingxolo azinakuze zinyangeke. Sebenza phaphileyo yaye usebenze khuselekileyo. Nxiba hearing protection devices zakho yaye uzikhathalele. Zona zakukhathalela ukuva kwakho.</p>	<p>Succession of scenes showing workers wearing HPDs and other PPE</p>
<p>Closing music</p>	<p>MHSC logo</p> <p>Copyright statement</p>

Appendix 4 Zulu transcript for video programme

“To Hear or Not to Hear: The Choice is Yours”

A.4.1 Educational/Motivational Module

Audio	Visual
Opening music	MHSC logo
1 Abantu abasebenza ezimayini akubona nje abantu abejwayelekile abenza umsebenzi owejwayelekile. Abantu abanamandla nekhono abaziyo ukuthi kusetshenzwa kanjani ndawonye ukuze benze umsebenzi.	Scenes of underground mining activities
2 Njalo laba bantu basebenza ngemishini enamandla ezimweni ezinzima ukukhipha umnotho wemvelo edwaleni, bawuhlunge kahle bese bewucwenga futhi.	Scenes of opencast mining and smelting operations Opencast scene featuring signage for personal protective equipment (PPE)
3 Bazazi kahle izimo ezinzima zalapho besebenza khona ngakhoke benza isiqiniseko sokuthi basebenzisa izimpahla zabo zokugqoka ezivikelayo ukunciphisa ingozi yokulimala. Bagqoka amabhuzi ukuvikela izinyawo zabo, ogadi abavikela amadolo abo, amagilavu ezandla zabo, izibuko zokuvikela amehlo, omakalabha bamakhanda abo okokuvikela izindlebe zabo kanye nokuzwa kwabo.	Sequence of scenes showing safety boots worn by mineworkers: waterproof garments, knee guards, gloves, goggles, hardhats, and HPDs
4 Basebenza kanzima, kodwa basebenza ngokuhlakanipha, ukusebenza ngokuhlakanipha kusho ukusebenza ngokuphepha. Kodwa kunohlobo olulodwa lokulimala abanye abantu abangalunakile njengoba kufanele.	Scenes of underground coal mining activities
5 Akukhona ukulimala okusobala, njengesandla esilimele noma umlenze onqamukile. Olunye uhlobo lomonakalo kanti lwenzeka kunoma ubani ongalunakile. Uhlobo lomonakalo olubi kakhulu ngoba umuntu akazi ukuthi luyenzeka futhi ngoba alwelapheki. Umonakali ungunomphela.	Close-up of injured hand being dressed
6 Ngenxa yokuthi akunazinhlungu, umuntu angaqaphela umonakalo kuphela emva kokuba kusho omunye umuntu noma umuntu ahlolile ukuzwa kwaminyaka yonke. Kodwa, ngalesi sikhathi usuke usudalekile vele umonakalo ekuzweni komuntu. Sound effect: Audiometric test signals, each one louder than the previous	Close-ups of faces of female and male mineworkers inside audiometric test booth
7 Narrator’s translation of Subject 1’s voice “Ngiye ngathola ukuthi uma ungasezwa, isithunzi sakho siyaphela. Abantu abakuthathi njengomuntu”.	Close-up of Subject 1
8 Narrator’s translation of Subject 2’s voice “Kulukhuni kimina ngoba uma ngingezwa emsebenzini ngeke ngisebenze njengoba kulindelekile. Ngenxa yalokhu ngiyazabalaza ukusebenza. Angisakwazi ukuhola imali yokusebenza ngaphansi komhlaba. Ngasuswa ngaphansi komhlaba. Manje sengisebenza ngaphezulu.”	Close-up of Subject 2 (man with hearing aid)
9 Ukungezwa akuthinti kuphela umuntu ongezwa, kodwa futhi nomngani wakhe kanye nomndeni wakhe, njengoba kwenzeka ku-Octavia, inkosikazi yomsebenzi wasemayini, nezingane zakhe ezimbili.	Still shots of Octavia and her two sons, followed by close-up of Octavia speaking

Audio	Visual
<p>10 Interview with Octavia, wife of a mineworker “Akusafani nakuqala – wayeyindoda ethambile egcwele amahlaya futhi edlala imidlalo yebhola. Kwakufana nokuthi akekho umama nobaba. Wayefana nje nenye yezingane futhi sasiwumndeni obumbene.”</p>	<p>Camera pulls back to show Octavia in room with her two sons and the interviewer</p>
<p>11 Interview with Sibusisu, Octavia’s younger son “Ngicabanga ukuthi uyasihlupha. Uma sihleka ucabanga ukuthi siyamhleba futhi sihlekisa ngaye. Uma sikhuluma ucabanga ukuthi sikhuluma ngaye. Akafuni sibuke i-TV. Akafuni ngisho ukuthi sidlale amakhasethi noma silalele izindaba. Uma sithi sizama ukudlala amakhasethi uthi akasiqede.”</p>	<p>Close-up of Sibusisu</p>
<p>12 Interview with Octavia “Uma ufuna ukuthi akuzwe, kufanele umemeze ezindlebeni zakhe. Hhayi nje futhi kanye, kufanele umemeze isikhathi eside. Ngenxa yalokhu, angisakwazi ukuxoxa izindaba zangasese noma zomndeni naye kanti lokhu kuyangihlupha.”</p>	<p>Close-up of Octavia</p>
<p>13 “Uyalwa ngoba ucabanga ukuthi simenza isilima. Ngisho nasemsebenzini imbala uthi abantu bamenza ihlaya. Akasenabudlelwano bobungani nasebenza nabo kanti lokhu kungiphatha kabi. Bacabanga ukuthi uphakeme kakhulu ukuthi angakhuluma nabo. Abaqondi ukuthi akakwenzi lokhu ngenhloso. Yingoba engezwa.”</p>	<p>Wide view of Octavia and children in room with interviewer, zooming to close-up of Octavia as she speaks</p>
<p>14 Ukungezwa okudalwe umsindo akuhlangani nokuthi umuntu unamandla noma ubuthakathaka kangakanani noma musha noma mdala kangakanani. Umuntu ohluleka ukubheka umsindo omkhulu angalahlekelwa ukuzwa okunzima esemncane.</p>	<p>Group of underground coalminers, dissolving to scene of drilling at a surface operation</p>
<p>15 Ukungezwa kudalwa ukusebenza ngemishini enomsindo nokungakugqoki okokuvikela izindlebe njengalokhu okubizwa ngama-earplugs noma ama-earmuffs.</p>	<p>Dump truck passing in foreground of drill operators from previous scene, dissolving to scene of dump truck and loaders, then dissolving to wider view of activities at surface operation</p>
<p>16 Narrator’s translation of Subject 2’s voice “Ngingamtshela umuntu, uma ngimbona engazigqokile izivikeli, njengomuntu ongasezwa ngenxa yokusebenza ngaphansi komhlaba, ngingamtshela ukuthi kufanele asebenzise okokuvikela izindlebe.”</p>	<p>Close-up of Subject 2 (man with hearing aid)</p>
<p>17 Izimpawu endaweni yomsebenzi zisexwayisa ngokuthi sigqoke amabhuzi, amagilavu, omakalabha, izibuko zokuvikela amehlo, nezinto zokuvikela izindlebe uma kudingeka.</p>	<p>Shot of warning signs for PPE: Boots, gloves, hardhats, goggles and HPDs</p>
<p>18 Noma ubani osebenza ezimayini uyazi ukuthi kufanele bagqoke umakalabha ukuvikela amakhanda abo. Kodwa abanye abantu kubonakala sengathi abazi ukuthi kufanele bagqoke okokuvikela izindlebe zabo.</p>	<p>Mineworker at surface operation wearing hardhat and earplugs, dissolving to scenes of underground mineworkers, some with and some without HPDs</p>

Audio	Visual
<p>19 Ake sibheke ukuthi zisebenza kanjani izindlebe zethu, nokuthi umsindo omkhulu uzilimaza kanjani. Lapha siyawubona umsindo ungena endlebeni ushaya lokhu okubizwa nge-eardrum okuwungqengqengqe lwendlebe, udale ukudlidlizela. Ngesikhathi ungqengqengqe lwendlebe luya emumva naphambili, lufuqela lamathanjana amancane amathathu engaphakathini lendlebe, okudala okusamagagasi oketshezini oluphakathi.</p> <p>Okusamagagasi kuhamba oketshezini bese kuphazamisa lezi zinwedlana, okwenza ukuthi ziye emumva naphambili. Ngesikhathi zihamba, imiyalezo ithunyelwa engqondweni ukuze sizwe imisindo. Umsindo omkhulu udala okusamagagasi amakhulu oketshezini.</p> <p>Uma umsindo umkhulu kakhulu, okusamagagasi kulimaza noma kone ezinye zezinwedlana, usuku nosuku.</p> <p>Uma kwenzeka lokhu, umuntu ngeke esakwazi ukuzwa imisindo ethile futhi, ngenxa yokuthi umonakalo ngeke uselapheka noma ulungiseke, awube usezwa unomphela.</p>	<p>Animation of head and outer ear, with sound waves entering the ear, travelling down the ear canal, causing the eardrum to vibrate and push the middle ear ossicles against the inner ear</p> <p>Close-up of eardrum and middle ear ossicles</p> <p>Pull back to include view of inner ear and hair cells</p> <p>Close-up of inner ear, showing movement of hair cells</p> <p>Pull back to include view of impulses travelling along the auditory nerve towards the brain, as well as middle and outer ear with depiction of sound waves</p> <p>Zoom to close-up of inner ear, showing damage to some of the hair cells</p> <p>Pull back to show auditory nerve with a reduced number of impulses travelling towards the brain</p> <p>Pull back further, for view of ear: of the external ear canal, middle ear, inner ear and auditory nerve</p>
<p>20 Abanye abantu bacabanga ukuthi uma ungasezwa asisekho isidingo sokufaka izinto zokuvikela izindlebe. Abangakuqondi ukuthi umonakalo uya ngokuya uba mubi. Ungaba mubi ngale ndlela yokuthi umuntu angeke esakwazi ukusebenza ngokuphepha bese ethathwa njengomuntu ongasalungele ukusebenza.</p>	<p>Scene of dump truck in opencast operation, dissolving to mineworker in foreground without HPDs</p>
<p>21 Interview with Subject 2</p> <p>Kunabanye abantu abacabanga ukuthi kuhle ukungezwa ngenxa yomsebenzi ngoba bazothola imali yesinxephezelo. Kodwa awulalele ukuthi ithini le ndoda:</p> <p>“Wena, uma ngikubuza, ubona imali ingcono, noma ungacela uNkulunkulu ukuthi ubuye uzwe futhi: ungakhethani?”</p> <p>“Ngingakhetha ukuzwa futhi. Ngiyawuzwa umzwangedwa. Angazi ukuthi yini lena ehlekisa abanye manje ngizwa umzwangedwa ngaphakathi kimi.</p>	<p>Close-up view, panning across bank notes</p> <p>Dissolve to close-up of Subject 2 (man with hearing aid) listening to interviewer’s question</p> <p>Close-up of Subject 2 answering interviewer’s question</p>
<p>22 Njalo uma umuntu eya endaweni enomsindo ngaphandle kokufaka okokuvikela izindlebe, kudaleka umonakalo ekuzweni kwabo kakhudlwana. Ekuqaleni izindlebe zabo ziba ndikindiki bese kuthi emva kokuqeda ukusebenza bengabe besezwa kahle hle okwesikhashana. Bengazwa kukhenceza insimbi noma umsindo otswininizayo ovela ngaphakathi ezindlebeni. Sound effect: High-pitched ringing sound</p>	<p>Close-up of warning sign for noise and hearing protection, pulling back to view of pump chamber</p> <p>Dissolve to scene of conveyor belt, then milling plant</p> <p>Close view of plant operator, pulling back to wider view of plant</p>
<p>23 Lokhu kuyisexwayiso sokuthi umsindo ubumkhulu kanti ubulimaza izindlebe. Uma beqhubeka nokungena emsindweni ngaphandle kokufaka okokuvikela izindlebe, bayogcina bengasezwa unomphela kuqhubeka kube kubi futhi uma bephindela endaweni enomsindo. Bayogcina bezwa kancane kancane kuze kufike lapho bengasezwa okushiwo abanye kubo.</p>	<p>Dissolve to scene of a man at a social festival, with “dulled” sound as he hears it. Pull back to wider view and dissolve to close-up of Zulu dancers, with “crisp” sound as it actually is.</p> <p>View of people in stands, with “dull” sound as heard by woman pulling at her ear</p> <p>Scene of horn players, with sound of the music suddenly becoming “dulled”, dissolving to scene of three women in crowd, still with “dulled” music</p>
<p>24 Ngabe lo muntu useyobezwa kanjani abanye abasebenzi ukuthi bathini noma ezwe izimpawu zokwexwayisa?</p>	<p>Dissolve to scene of two mineworkers at a surface operation, the one without HPDs unable to hear what the other is saying</p>
<p>25 Uma umuntu engasezwa kahle, useyingozi kuyena qobo. Lokhu sekuyosho ukuthi kufanele asiwe emsebenzini ongalulekile oneholo elincane noma, okubi kakhulu, angabe esakwazi ukwenza noma yimuphi umsebenzi emayini. Uma lokhu kwenzeka, kudalela umndeni wakhe ukuhlupheka.</p> <p>Sound effect: Warning signal from forklift</p>	<p>Close-up of mineworker in front of surface conveyor without HPDs</p> <p>Dissolve to close-up of person mopping floor in workshop</p> <p>Pull back to show that the person mopping the floor is unaware of approaching forklift</p>

Audio	Visual
26 Akungcono kodwa ukuvikela ukungezwa nje zisuka? Yebo kunjalo, kanti singakwenza lokhu ngokuhlala sifake okokuvikela izindlebe uma sisebenza lapho kunomsindo khona omkhulu.	Sequence of scenes showing mineworkers wearing HPDs
27 Wonke umuntu osebenza emsindweni omkhulu kudingeka avikele ukuzwa kwakhe ekulimaleni. Ngakho noma kuphi lapho ubona khona lolu phawu, noma kuphi lapho uma umsindo umkhulu kakhulu kufanele ukuthi umemeze ukuze uzwakale, qiniseka ukuthi ufake okokuvikela izindlebe.	More scenes of mineworkers wearing HPDs, Dissolve to close-up of HPD warning sign Dissolve to workshop scene with two workers wearing HPDs
28 Ungacabanga ukuthi kulungile ukufaka okokuvikela izindlebe ezikhathini eziningi bese ukususa futhi okwesikhashana. Kodwa kuthatha imizuzwana nje embalwa kakhulu ukuthi umsindo omkhulu udale umonakalo ekuzweni kwakho, ngakho akufanele neze ukhiphe okokuvikela izindlebe, ngisho ngabe ufuna ukuzwa okushiwo omunye.	Close-up of one worker removing an earplug, apparently to better hear what the other is saying Close-up of worker who removed his earplug apparently finding the noise from the grinder to be unpleasant, and then replacing his earplug
29 Ukukhipha okokuvikela izindlebe ukuze uzwe ukuthi uthini omunye kuwe kuyiphutha ngezindlela ezimbili. Okokuqala nje, kuvumela umsindo ukuthi ungene ezindlebeni bese kudala umonakalo ekuzweni kwakho. Sound effect: Loud machine noise Futhi, uma umsindo umkhulu, okokuvikela izindlebe kwenza kube lula ukuzwa ukuthi uthini omunye umuntu kuwe ngoba kuvimbela umsindo omningi womshini ngesikhathi kuvumela umsindo omningi wamazwi abantu ukuthi ungene ezindlebeni.	Animation of sound waves from machine noise (blue wave) and sound waves from speech (green wave) reaching the ear, and then the earplug being removed Shift to view of machine noise and speech sounds reaching the eardrum Shift back to view of entire ear with earplug in place, showing greater attenuation of high-frequency machine noise (blue wave) and less attenuation of middle- and low-frequency speech sounds (green wave)
30 Ngokunjalo nezimpawu zokwexwayisa: emsindweni omkhulu uyokwazi ukuzwa izimpawu ngokucacile futhi usebenza kalula uma ufake izinto zakho zokuvikela izindlebe. Sound effect: Dump truck reversing signal	Dissolve to scene of reversing dump truck, with mineworker walking behind and away from the truck apparently unable to hear warning signal. A second worker, who is walking towards the dump truck, points to the danger and pulls the first worker out of the way.
31 Uma izinto zakho zokuvikela izindlebe zenza kube nzima ukuthi uzwe abanye abantu ukuthi bathini, cela i-OHP okuwumsebenzi wezempilo emsebenzini ukuthi ikusize ukhethe okuyiyona yona yezindlebe zakho kanjalo neyasendaweni yomsebenzi.	Close-up of mineworker wearing HPDs. Dissolve to scene of various HPDs on table at audiometric test centre Close-up of hands holding earplugs; pull back to view of OHP talking to mineworker about alternative HPDs
32 Ukukwazi kwakho ukuzwa isipho esimangalisayo, ngakho ungazifaki engozini yokulahlekelwa yikho. Hlakanipha, phepha, faka okokuvikela izindlebe noma kuphi lapho kunomsindo khona omkhulu. Ngokwenza njalo uyobe ungavikeli kuphela ukuzwa kwakho, kodwa futhi nomsebenzi wakho nokuphila kahle komndeneni wakho.	Animation of ear with earplug greatly attenuating machine noise (blue wave) with minimal attenuation of speech sounds (green wave) Close-up of worker inside audiometric test booth Dissolve to same worker wearing band-mounted earplugs, and then earmuffs Close-up of two mineworkers wearing HPDs
Closing music	MHSC logo Copyright statement

A.4.2 HPD Training Module

Audio	Visual
<p>Opening music</p> <p>1 Abantu abasebenza ezimayini akubona nje abantu abejwayelekile abenza umsebenzi owejwayelekile. Abantu abanamandla nekhone abaziyo ukuthi kusetshenzwa kanjani ndawonye ukuze benze umsebenzi.</p>	<p>MHSC logo Title: To Hear or Not to Hear: The Choice is Yours</p> <p>Scenes of underground and surface mining activities, with mineworkers wearing HPDs</p>
<p>2 Kulesi sifundo sizofunda ngokuthi ubonakala kanjani umsindo oyingozi nokuthi singazivikela kanjani kuwo.</p>	<p>Dissolve to close-ups of various HPD types</p>
<p>3 Sizobheka futhi izinhlobo ezehlukene zokokuvikela izindlebe, noma ama-HPD, ukuthi kufakwa kanjani ngendlela efanele nokuthi kunakekelwa kanjani.</p>	<p>Sequence of HPD close-ups</p>
<p>4 Siyazi ukuthi umsindo omkhulu ungalimaza izindlebe zethu futhi udale umonakalo ekuzweni kwethu, kodwa manje sizokwazi kanjani uma umsindo omkhulu ngokwenele ukuthi ungaba yingozi?</p>	<p>Sequence of underground scenes</p>
<p>5 Umsindo ukalwa ngalokhu okubizwa ngama-decibel ngemitha yomsindo kanje. Ama-decibel amaningi asho ukuthi umsindo mkhulu futhi uyingozi ekuzweni kwethu.</p>	<p>SLM display showing increasing decibel readings</p>
<p>6 Esikhathini esiningi umsindo awuyona inkinga ngoba uvame ukuba semazingeni aphephile. Kodwa endaweni yomsebenzi, imishini yenza umsindo ongadala umonakalo ekuzweni kwethu.</p>	<p>Sequence of street scenes Dissolve to underground conveyor</p>
<p>7 Lapho kunomsindo khona owenele ukudala umonakalo ekuzweni kwethu, uphawu olufana nalolu luyasexwayisa ukuthi sifake okokuvikela izindlebe uma siya lapho.</p>	<p>Close-up of blue and white earmuff sign, pulling back to show other warning signs</p>
<p>8 Kodwa ngisho nangaphandle kophawu, singakwazi ukuzwa ukuthi umsindo mkhulu kakhulu. Uma ume emitheni elilodwa noma ebudeni bengalo kusuka komunye umuntu bese kudinga umemeze ukuze nizwane, umsindo mkhulu ngokwenele ukudala umonakalo ekuzweni kwakho.</p>	<p>Two workers, both wearing HPDs, standing close to each other and talking Dissolve to worker holding out an extended measuring tape Dissolve back to two workers shown previously</p>
<p>9 Ngakho, noma nini uma kufanele umemeze ukuze uzwakale noma kuphi lapho ubona khona lolu phawu olwexwayisayo, qinisekisa ukuthi ufake okokuvikela izindlebe.</p>	<p>Blue and white earmuff sign Dissolve to another warning sign for noise Dissolve to close-up of earmuffs</p>
<p>10 Umbuzo olandelayo owokuthi yiluphi uhlobo lokokuvikela izindlebe okufanele ulufake? Izinhlobo ezehlukene zibandakanya okwaziwa ngama-earmuff kanye nezinhlobo eziningi ezehlukene zama-earplug.</p>	<p>Sequence of scenes showing various earmuffs and earplugs</p>
<p>11 Ama-earmuff alungele abantu abaphuma bengena ezindaweni ezinomsindo, ngoba kulula ukuwafaka nokuwakhipha. Kodwa awaphathani kahle uma indawo yomsebenzi ishisa noma uma kufanele afakwe amahora amaningi ngesikhathi.</p>	<p>Worker descending stairs and donning earmuffs before walking into workshop area Various close-ups of same worker wearing earmuffs</p>
<p>12 Ama-earplug wona alungele kakhulu abantu abenza umsebenzi onzima, ikakhulukazi uma indawo yomsebenzi ishisa. Futhi uma ama-earplug uma efakwe kahle, akunikeza ukuvikeleka okungcono kakhulu emsindweni omkhulu.</p>	<p>Coal miners wearing HPDs standing at face</p>
<p>13 manye ama-earplug ayalahlwa emva kokusetshenziswa kanti enzelwe ukusetshenziswa esikhathini esisodwa somsebenzi, ngoba awahlanzeki kalula.</p>	<p>Close-ups of disposable earplugs</p>
<p>14 Amanye ama-earplug ayakwazi ukubuye asetshenziswe kanti futhi angasetshenziswa amasonto amaningi, uma egcinwa ehlanzekile futhi enakekelwa.</p>	<p>Close-ups of reusable earplugs</p>

Audio	Visual
15 Ama-earplug asetshenziswa abuye alahlwe avame ukwenziwa ngesimpontshi esicindezelekayo, okufanele wenze umumo waso ngeminwe yakho ngaphambi kokuthi uwafake ezindlebeni zakho. Kodwa angcola kalula futhi, ngenxa yokuthi awahlanzeki, kufanele ashintshwe njalo.	Close-ups of compressible foam earplugs held between thumb and forefinger Dissolve to close-up of foam earplug being rolled between thumb and fingers Close-up of dirty earplugs in open hand
16 Ama-earplug abuye asetshenziswe futhi avele esenzelwe ukungena ezindlebeni kanti amanye anezibambo ukuze angangcoli uma uwafaka ezindlebeni noma uwakhipha.	Close-ups of reusable earplugs
17 Ama-earplug abuye asetshenziswe futhi ahlanzeka kalula, ngakho ahlala isikhathi eside kunama-earplug asetshenziswa abuye alahlwe.	Earplugs being washed in basin under running water
18 Amanye ama-earplug aboshelwe ebhandeni lepulasitiki, elihamba emva kwentamo noma ngaphansi kwesilevu. Njengama-earmuff, abalungele abantu abaphuma bengena ezindaweni ezinomsindo, ngoba afakeka futhi akhipheka kalula. Futhi aphaheka kalula kunama-earmuff uma engafakiwe.	Close-ups of band-mounted earplugs, pulling back to show worker donning them with the band under the chin Close-ups of band-mounted earplugs; dissolve to worker wearing band-mounted earplugs behind neck Close-up of band-mounted earcaps then of them being worn with band under chin
19 Lawa ama-earplug umumo wawo wenziwe ngengubo, enzelwe ikakhulukazi ukungena endlebeni yomuntu oyedwa nje kuphela. Lokho kwenza kube lula ukuwafaka ngendlela.	Close-up of custom-moulded earplugs in worker's hands, then being worn in ears, first the right, then the left
20 Lezi zinhlobo ezehlukene zokokuvikela izindlebe zonke zinikeza ukuvikeleka okufanayo emsindweni omkhulu. Uhlobo olukhethayo luncika ekutheni usebenzaphi nokuthi nhloboni ekuphatha kahle uma uyifaka.	Close-ups of various HPD types
21 Uma kufanele ufake okokuvikela isikhathi sonke somsebenzi, noma usebenza ngaphansi komhlaba noma endaweni eshisayo, ama-earmuff awalungile. Nakuba engekuphathe kahle okwesikhashana, emva kwesikhathi ungezwela ukushisa kakhulu. Uma lokhu kwenzeka, emva kwezinsuku ezimbalwa ama-earmuff angaqala ukungaphathi kahle isikhumba noma kuqale ukuqubuka.	Mineworker in front of surface crusher wearing earmuffs, dissolving to underground drill operator wearing earmuffs Switch back to worker at surface crusher, who complains to fellow worker that his earmuffs are too hot and exchanges his earmuffs for earplugs and then inserts them
22 Futhi, uma usebenzisa izibuko zokuvikela amehlo ezifakwa ngaphezu kwezindlebe, eziukuthi avale kuqine ezindlebeni zakho.	Close-up of safety glasses being worn with earmuffs Dissolve to close-up of prescription glasses being worn with earmuffs
23 Ama-earplug iwona amahle kakhulu uma usebenza emsindweni omkhulu izikhathi ezinde, ikakhulukazi uma indawo yakho yomsebenzi ishisa.	Close-up of reusable earplugs held between thumb and fingers, then custom-moulded, disposable and band-mounted earplugs
24 Ama-earplug angakuphatha kabi uma uqala ukuwasebenzisa, kodwa abantu abaningi bawejwayela kalula. Uma emva kwezinsuku ezimbili noma ezintathu uthola ukuthi asakuphatha kabi, kufanele ucele ukuzama enye inhlobo ye-earplug.	Scenes of mineworkers wearing earplugs
25 Uma usuyitholile inhlobo yama-earplug ekuphatha kahle futhi usuwejwayele, ngeke aphinde akuhluphe. Eqinisweni, uyokuthola kungemnandi ukuba sendaweni enomsindo omkhulu ngaphandle kwawo.	Workshop scene with workers wearing earplugs One worker removes earplug, grimaces and immediately replaces his earplug
26 Uyoziwa futhi ungcono kakhulu emva komsebenzi uma ubufake izinto zakho zokuvikela izindlebe. Ngeke uzizwe ukhathele kakhulu futhi izindlebe zakho ziyokwazi ukuzwa kangcono kunokuba ubungakufakile okokuvikela izindlebe. Futhi ngeke ubuye uzwe umsindo okhencezayo ezindlebeni zakho.	Scenes of underground mineworkers on surface at end of their shift
27 Uma ufaka ama-earplug akho, noma ngabe yilawa asetshenziswa abuye alahlwe noma yilawa abuye asetshenziswe futhi, kubaluleke kakhulu ukuthi uwafake ngendlela ezindlebeni zakho ukuze umsindo omkhulu ungadali umonakalo ekuzweni kwakho.	Animation showing earplug's attenuation of noise (blue sound waves) and speech sounds (green sound waves)

Audio	Visual
28 Afakwa kanje ama-earplug ngendlela, Qala ngokubamba phezulu ekhanda lakho bese udonsela indlebe ngaphandle nasemuva, uze uzwe imbobo yendlebe yakho ivuleka. Lokhu kuqondisa imbobo yendlebe. Manje fuqela i-earplug endlebeni yakho ngesinye isandla ukuze ingene kahle futhi iqine. Ngesikhathi usafuqa i-earplug, dedela indlebe. Bese udedela futhi i-earplug.	Worker reaching over top of head and pulling ear outwards and back, then inserting earplug with other hand
29 Uma eyodwa yama-earplug ingaqinile, kufanele uyifake futhi, ngoba ngisho isikhala esincane nje phakathi kwe-earplug nembobo yendlebe yakho iyovumela umsindo ukuthi ungene bese udala umonakalo ekuzweni kwakho.	Worker re-inserting one earplug
30 Uma usebenzisa ama-earplug asetshenziswa abuye alahlwe, kufanele uqale uwacindezele bese uwagingqa phakathi kwesithupha sakho neminwe ukwenza umumo osasoseji omncane ngokwenele ukuthi ungene endlebeni. Uma izandla zakho zingcolile, kufanele uqale uzigeze, ngale kwalokho ama-earplug azongcola bese ukungcola kungena ezindlebeni zakho.	Close-ups of disposable earplugs being held between thumb and fingers Disposable earplugs being rolled down between thumb and fingers
31 Ngesikhathu usacindezela futhi ugingqa i-earplug ukuze ibe ncane, bamba phezulu ekhanda lakho ngesinye isandla ukuze udonsele indlebe ngaphandle nasemumva ukuze uqondise imbobo yendlebe njengoba, kwenzelwe i-earplug ebuye isetshenziswe futhi. Fuqa i-earplug ingene endlebeni yakho ngesinye isandla bese, ngesikhathi ufuqa i-earplug ukuthi ingene endlebeni, dedela indlebe. Bese udedela i-earplug futhi.	Worker reaching over top of head to pull ear outwards and back Worker inserting reusable earplug and pushing it in, releasing ear, then releasing earplug and donning hardhat
32 Noma ngabe yiluphi uhlobo lwama-earplug olusebenzisayo, uma usuqhelile emsindweni futhi ufuna ukuwakhapha, yenza njalo kancane kancane futhi ngokunakekela ukuvikela ukuphatheka kabi. Qala ngokudonsela ichopho lendlebe ngaphandle nasemumva, njengoba uwafakile ukuqondisa imbobo yendlebe. Lokhu kuzovumela i-earplug ukuthi iphume kalula.	Close-ups of various earplugs Scenes of worker straightening ear canal before removing earplugs
33 Uma ungawafakile ama-earplug akho, agcine entweni yokuwafaka ukuze angangcoli. Ukuvikela ukuthi alahleke ama-earplug akho, ungabophela intambo yento yokuwafaka ngaphakathi kumakalabha.	Earplugs being placed in storage case and storage case being attached to inside of hardhat
34 Ama-earplug aboshelwe ebhandeni lepulasitiki angafakwa nebhande ngemuva kwekhanda lakho noma ngaphansi kwesilevu sakho. Akusho lutho, uma nje uwacindezele kahle aqina ama-earplug ezindlebeni zakho.	Scenes of band-mounted earplugs worn under chin and behind head
35 Uma usebenzisa ama-earmuff, qiniseka kuqala ukuthi amakhushini ahlanzekile. Uma kungenjalo, esule ngendwangu ehlanzekile noma ngephepha lokwesula. Ibhande lekhandla lepulasitiki kufanele lime ngendlela efanele ukuze ama-earmuff angene kahle ezindlebeni zakho.	Close-up of earmuff cushions being wiped clean with paper towel Close-ups of earmuffs being worn without hardhat
36 Uma ugqoke umakalabha, intambo encane yasekhanda kufanele ihambe phezulu kwekhanda lakho ukuze ama-earmuff ahlale esendaweni yawo, futhi ibhande lekhandla lepulasitiki kufanele libe ngemuva kwekhanda ukuze licindezele ama-earmuff aqine ezindlebeni zakho.	Earmuffs being worn with hardhat, then with hardhat removed to show the thin head strap positioned over top of head Earmuffs being worn with hardhat back in place
37 Uma unezinwele ezinde, izinwele zakho zifuqele emva kwezindlebe ngale kwalokho zizovimba ama-earmuff ukuthi aqine nokuthi avimbe umsindo. Amacici amakhulu kufanele akhishwe ngoba nawo angavimba ama-earmuff ukuthi aqine ezindlebeni.	Female worker pushing hair back behind ears, then donning earmuffs Close-up of ear with earring; dissolve to same woman wearing her earmuffs with hardhat and glasses

Audio	Visual
<p>38 Ama-earplug nama-earmuff kufanele anakekelwe futhi ahlanzwe. Njalo emva komsebenzi geza ama-earplug akho ngensipho namanzi afudumele, omise bese uwaphindisela entweni afakwa kuyona. Uma usebenzisa ama-earplug, yesula amakhushini ngendwangu ehlanzekile noma ngephepha lokwesula elimanziswe kancane ngamazi. Womise ngaphambi kokuwabeka lapho engeke angcole khona.</p>	<p>Close-up of various reusable earplugs being washed at a basin with soap and water, then dried and placed in a storage case</p> <p>Earmuffs being wiped clean with a paper towel</p>
<p>39 Uma uvumela izinto zakho zokuvikela izindlebe zingcole, zingaphatha kabi isikhumba noma zidale ukutheleleka kwendlebe. Uma lokhu kwenzeka, yana ezizindeni zezempilo emsebenzini i- Medical Station noma i- Occupational Health Care Centre ukuze welashwe.</p>	<p>Mineworkers undergoing otoscopic examination</p>
<p>40 Uma ulahla izinto zakho zokuvilela izindlebe, noma ziba ndala noma zilimala, kufanele uthole ezintsha ngokushesha.</p>	<p>Mineworkers being given replacement HPDs by OHP</p>
<p>41 Uma usebenzisa ama-earplug futhi kufanele uhambe ngekheshe ukuze ufinyelele endaweni yakho yomsebenzi, khumbula: Ukugwema ukungaphatheki kahle nokulimala kwezindlebe okungenzeka, UNGALOKOTHI wehle wenyuka nekheshe ngesikhathi ufake ama-earplug. Wakhipe njalo ngaphambi kokungena ekhesheni. Uma imayini idinga ukuthi wonke umuntu afake okokuvikela izindlebe, ngisho ekhesheni imbala, thambisa kahle ama-earplug akho ngaphambi kokungena. Aseyokuvikela futhi emsindweni futhi, ngenxa yokuthi awavalekile aqina ezindlebeni zakho, ngeke alimaze izindlebe zakho ngokuguquka kwengcindezi yomoya.</p>	<p>Mineworkers preparing to enter cage</p> <p>Mineworkers travelling in cage</p>
<p>42 Uma uqala ukufaka okokuvikela izindlebe uzothola ukuthi imisindo izwakala sengathi iyehla, nokuthi futhi ungathi izwakala ngokwehlukile.</p>	<p>Continuous miner, then coalminers at face</p>
<p>43 Lokhu kudalwa ukuthi okokuvikela izindlebe kuvimbela imisindo emikhulu esuka emishinini, bese idedela yonke eminye imisindo ingene ezindlebeni. Lokhu kusho ukuthi kulula ukuzwa amazwi abantu, enziwe ngemisindo ephakathi nendawo nephansi.</p>	<p>Animation of earplug attenuating the high-frequency sound waves from machinery noise (red sound waves) more than the middle and low-frequency sound waves from speech (green sound waves)</p>
<p>44 Ngokunjalo nezimpawu zokwexwayisa. Okokuvikela izindlebe kuvimba imisindo yemishini kakhulu, kwenze kube lula ukuzwa izimpawu zokuxwayisa ukuze usebenze ngokuphepha. Sound effect: Soft machinery noise and loud reversing signal</p>	<p>Animation of earplug attenuating the high-frequency sound waves from machinery noise (blue sound waves) more than lower frequency sound waves from the warning signal (green sound waves)</p>
<p>45 Uma okokuvikela izindlebe kwenza kube lukhuni ukuthi uzwe abanye abantu ukuthi bathini, cela i-OHP ukuthi ikusize ukhethe okuyiwona alungele izindlebe zakho nendawo yakho yomsebenzi. Sound effect: Audiometric test signal</p>	<p>Worker undergoing audiometric test, then close-up of worker responding to test signal by pressing patient response button</p> <p>OHP monitoring audiometric test, zooming in to computer screen showing test results, dissolving to view of HPDs on table with computer screen</p> <p>OHP explaining correct use of earplugs to worker who has just had his ears tested</p>
<p>46 Njengoba wazi, zingaba ningi izingozi endaweni yomsebenzi, kodwa uma usebenza ngokuhlakanipha futhi usebenzisa izimpahla zokuvikela uyobe wenza isiqinisekiso sokuthi awulimali. Faka izinto zakho zokuvikela izindlebe ukuze uvikele ukuzwa kwakho noma nini lapho kunomsindi khona omkhulu. Ngoba uma izindlebe zakho zilinyazwa umsindo, ngeke zelapheke. Sebenza ngokuhlakanipha futhi usebenze ngokuphepha. Faka ama HPD ezindlebe zakho futhi uzibheke. Zizobheka ukuzwa kwakho.</p>	<p>Succession of scenes showing workers wearing HPDs and other PPE</p>
<p>Closing music</p>	<p>MHSC logo</p> <p>Copyright statement</p>