

# **NOISE REDUCTION POLICY**

The Bambinos Universe ECC recognizes the harm caused by noise on employees and children. The ECC will put in place measures promoting noise reduction and prevention, both through layout, operation, equipment and attitude.

## **Objective:**

- Make people aware of the harmful effects of noise.
- Plan layouts to reduce noise.
- Raise awareness about the choice of material and equipment that promotes noise reduction.
- Establish operations that promote a calm atmosphere.
- Establish communication and intervention strategies that promote a calm atmosphere.
- Animate noise awareness activities for children.

Noise can be harmful by its intensity and / or its duration. It can be generated by handling material, the material itself, movement, tone of voice, type of intervention, personal attitude, reverberation and operation.

## **Effects of noise on adults and children:**

On physiological functions:

- Hearing fatigue
- Appearance of headaches
- Tense muscles
- Difficult digestion
- Impaired sleep quality
- State of fatigue
- Reduced immune system resistance
- Impaired hearing
- Higher blood pressure

On behavior:

- Negative effect on mood, stress, irritability and patience
- Inappropriate educational interventions
- Affected decision making
- Restless children
- Conflicting interpersonal relationships
- Already existing problems, aggravated

On performance:

- Decreased productivity
- Lack of concentration interfering with learning
- Distraction and volume of noise compromising safety

About communication:

- Difficulty in being heard, fragmented information
- Get into the habit of speaking louder
- Language learning affected

## Noise reduction measures:

### Room Layout:

- Design open storage modules that sound is picked up by them
- Hang fabric curtains on windows
- Have doors sufficiently sealed to cut off the sound
- Cover the legs of the chairs with felt
- Arrange "tablecloths" on the game tables
- Install additional lighting for a cozy atmosphere

### Educational material:

- Give preference to non-noisy toys
- Limit the duration of use of noisy toys
- Teach children how to use toys appropriately
- Place acoustic equipment at the bottom of the storage bins
- Use of mats on the ground to create a play area

### Equipment and accessories:

- Install posters reminding you to reduce noise
- Use of a sound level meter

### Educational interventions:

- Occasionally intervene in a non-verbal way
- Call out to the children one at a time, approaching them
- Have 'no noise days'
- Establish moments of silence during the day
- Use a calm meter
- Establish clear instructions regarding noise, with consistent consequences
- Play games of silence on the move (no mice, ghost boots)
- Use the mascot "Decibels the turtle and its babies"
- Use nursery rhymes about silence
- Integrate group gestures (hush with the finger, hand on the head)
- Read story about noise
- Be a role model for children

### Attitude:

- Lower the tone of voice
- Approach someone when talking to them
- Have calm attitude

### Operation:

- Speak in a low voice in the hallway and locker room
- Close the doors of the playrooms
- Move slowly between the different rooms
- Close doors and cabinets gently
- Avoid large gatherings of children
- Have a staggered group schedule in the locker room
- Do not put music in the background