



**South and  
West Wales** in partnership with  
**SAFETY GROUP**

Registered Charity No 510609  
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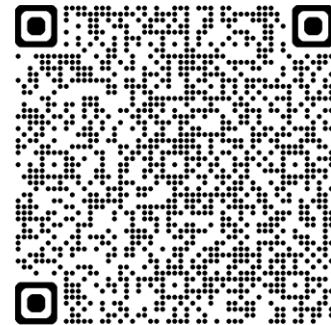


present the annual

**ALEC BLACKBURN SEMINAR**

# **DEMYSTIFYING NOISE AND VIBRATION IN THE WORKPLACE**

**INCLUDING AN INSIGHT INTO THE CONTROL OF EMFs**



**TICKETS AVAILABLE  
NOW FROM  
EVENTBRITE**

**Wednesday 25<sup>th</sup> June 2025**

**Swansea.com Stadium**

*(Formerly Liberty Stadium) SA1 2FA*

**Group Members £85**

**Non-Members £100**

*(including group membership for 2025)*

*If you do not have access to a debit card an  
invoice can be sent to you - for that and more  
information contact*

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[\*\*castlegroup.co.uk\*\*](http://castlegroup.co.uk)

## Overview

There are some very technical subjects in health and safety, and perhaps none more so than noise, vibration and electromagnetic fields (EMFs). Our seminar this year is brought to you by Castle Group Ltd which specialises in these areas, and has staff who have a vast amount of experience in de-mystifying such topics for busy health and safety professionals like you.

The bulk of the day will be spent getting you up to speed with the requirements of the Control of Noise at Work Regulations 2005 and the Control of Vibration at Work Regulations 2005 with an overview of the regulations, an insight into the fundamentals of noise and vibration, a look at measurement and monitoring, followed by a foray into the world of measuring and controlling exposure. There are practical elements of the day where you can try out Castle's products or bring your own along (no matter the make or model) to learn the best method of use. We will end the day with a brief insight into the world of electromagnetic radiation, its effects, the likelihood of exposure and what controls you should have in place.

## About Castle Group

Castle Group Ltd was formed in 1971 providing solutions for measurement and monitoring across a wide range of topics including noise, vibration, air quality, and electromagnetic fields. They also provide an on-line resource supplying products for monitoring many parameters such as temperature, light, humidity, air flow, electrical quantities and even distance.

Castle manufactures its own range of noise and vibration meters and offers training across many of its core topics as well as providing consultancy services, equipment rental, as well as service and calibration of monitoring equipment, no matter the make and model.

## Programme

8.30am – 9.30am	<b>Registration, refreshments and networking</b>
9.30am – 9.40am	Welcome by Kay Barnes, South and West Wales Safety Group
9.40am – 10.00am	<b>Introduction to Vibration at Work and the Regulations</b>
10.00am – 11.00am	<b>Exposure assessment and monitoring for Vibration at Work including practical session and 'bring your own' measurement workshop</b>
11.00am – 11.30am	<i>Coffee/Tea and Networking</i>
11.30am – 11.45am	<b>Control of Vibration</b> (15m)
11.45am – 12.00pm	<b>Introduction to Noise at Work and the Regulations</b>
12.00pm – 1.00pm	<b>Exposure assessment and monitoring of Noise at Work including practical session and 'bring your own' measurement workshop</b>
1.00pm – 1.10pm	Question and Answer Session
1.15pm – 2.00pm	<i>Lunch and networking</i>
2.00pm – 2.30pm	<b>Controlling Noise including the use of hearing protection</b>
2.30pm – 3.15pm	<b>Introduction to the Control of Electromagnetic Fields at Work (CEMFAW) Regulations 2016</b>
3.15pm – 3.30pm	Question and Answer Session
3.30pm	Close by Kay Barnes, South and West Wales Safety Group

## Keynote Speaker



**Simon Bull**  
**Managing Director, Castle Group Ltd**

Simon has worked in the field of environmental measurement and management for over thirty years and has built up a vast working knowledge of subjects including noise, vibration, air sampling and EMF. Simon is a member of the Institute of Acoustics and chairs their measurement and instrumentation group.

## Chair



**Kay Barnes**  
**Corporate Function OHS and Marelli**  
**Manufacturing System Manager,**  
**Marelli Group**  
**Chair, South & West Wales Safety Group**

Kay is an enthusiastic and experienced EHS specialist. Managing teams and projects across all aspects of Environment, Health & Safety. Chartered member of IOSH for over 15 years. Experienced in both manufacturing and retail. Kay is in her second year as the Chair of the South and West Wales Safety Group.