

Health

Quarter 3 – Module 4: Managing Noise Pollution



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Health – Grade 6
Alternative Delivery Mode
Quarter 3 – Module 4: Managing Noise Pollution
First Edition, 2020

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Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



Need to Know

This module was designed and written with you in mind. It is here to suggest ways how to control or manage noise pollution.

The module consists of one lesson only.

- Lesson 1 – Managing Noise Pollution

After going through this module, you are expected to suggest ways to control or manage noise pollution. **(MELC H6EH-IIIe-5)**



What I Know

Direction: Write a check (✓) if the statement suggests how to control noise pollution and (✗) if it does not. Write your answer on a sheet of paper.

- _____ 1. Control noise level near sensitive places.
- _____ 2. Stay in noisy areas and or crowded places.
- _____ 3. Turn off/ unplug appliances at home and office when not in use.
- _____ 4. Plant more trees.
- _____ 5. Be acquainted with the noise level limits.
- _____ 6. Notify authority if someone is not following rules and regulations regarding noise levels.
- _____ 7. Do not wear earplugs.
- _____ 8. When using noisy machines, use a noise-absorbent tool.
- _____ 9. Lower the volume when listening to music.
- _____ 10. When using a washing machine, open the door of the room where the machine is placed.

Lesson 1

Managing Noise Pollution

Noise pollution is an invisible danger that is present both on land and under the sea. It is considered undesired or annoying sound that harms the health and well-being of individuals and other organisms.

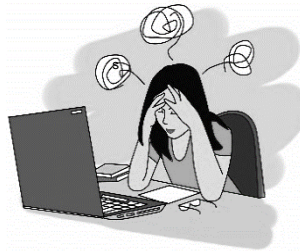


What's In

The pictures below show some examples of the effects of a noisy environment. How can we control or manage noise pollution? You will know the answer to this question after studying this module.



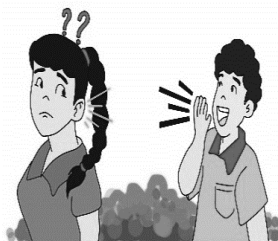
Headache



Stress



Sleep disturbances or
insomnia



Deafness or
hearing loss



Heart Disease



Poor concentration



What's New

Direction: Read this poem about how to manage and control noise pollution.

No to Noise Pollution!

Written by: Mary Lutz P. Panizales

Noise, noise, noise, noise
I don't need it day by day
I can't hear clearly anymore
How can I be free from noise?

Hear the unpleasant sound coming everywhere
So many sleepless nights I need to bear
Bring me to a quiet place, and I'll thank you, I swear.
To escape from all of this noise, just like a sleeping bear.

Eureka!! Controlling noises is easy to distinguish.
We have to follow and maintain noise level limits.
Practice wearing earplugs to minimize unpleasant sounds
Stay at comfortable places; OMG, I'm a tranquil hound.

Listening to the radio, social media, and television
Lower the volume to avoid noise pollution.
To sensitive places like schools, hospitals, and churches,
Keep silent and plant more trees to absorb noises.

Inform authorities of noise rule-breakers
Create healthy noise like soft music and whispers
Start from yourselves to spread awareness
About noise pollution and its harmful effects.

How to prevent noise pollution? Here are some of the suggestions on how to control or manage noise pollution.



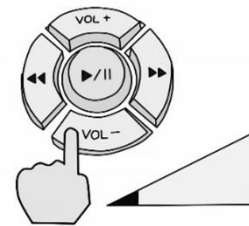
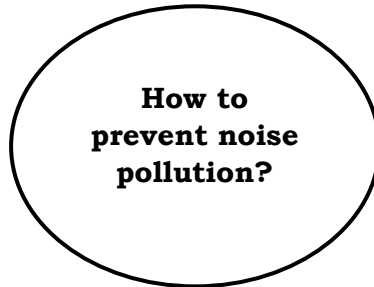
unplug appliances when not in use



wear earplugs to avoid unpleasant



refrain from shouting and establish common sources of noise and noise level by understanding the decibel.



lower the volume to minimize noise



plant trees because they are noise absorbent



What is It

Let us learn from two friends about some suggestions how to control or manage noise pollution. They have learned these from their teacher

Do you know already the effects of noise pollution?

Yes but it's not enough to know only that. There is a need to know also how to control or manage the noise pollution.

Noise is an unwanted sound. A sound that has unpleasant and harmful effects that creates discomfort to the ears. Generally, sound generated by vehicles, loudspeakers, horns, planes, traffic and construction noise are some of the few reasons for noise pollution.

Noise pollution is also considered environmental pollution although it is not as harmful as water, and air pollution but the effects of noise pollution for longer a period can be dangerous.

Can you name some suggestions and ways on how to manage or control noise pollution?



How to prevent noise pollution?

1. Appliances at home or offices should be turned off / unplugged when not in use.
2. When using noisy machines, close the door of the room where the machine is located.
3. Wear earplugs.
4. Lower the volume level of radio, television, stereo and cellphones.



5. Stay away from noisy and crowded places
6. Follow noise level limits
7. Control noise level near sensitive places
8. Plant trees



Turn off and unplug appliances at home and office when not in use, like television, games, and computers. It can produce unnecessary stress on the ears. Turning appliances off can also save electricity.



Close the door while doing dishwashing or using washing machines for rooms where it is located so that the noise can be reduced.



Using earplugs or earmuffs can reduce loud noises to a manageable and tolerable level. Earplugs are small inserts that fit into our ear canal. Earmuffs fit over the entire outer ear and sealed air to keep ears safe from loud noises.



Listen to radios, televisions, and songs in lower volume especially when listening from headphones or speakers.



Stay away from noisy area or places. Noise generating vehicles, airports, industries should be far from residential areas because it is very dangerous for infants and senior citizens.



Noise level limits should be followed. Community law must check the use of loudspeakers, outdoor parties as well as public and political announcements.



Control and minimize noise level near sensitive places. There should also be a control on noise level or silent zone near churches, schools, and hospitals.



Plant more trees, because they are good noise absorbents. According to studies, trees can reduce noise by 5 to 10 decibels (dB) around them. Noise above 70 dB over a prolonged period of time can damage our hearing. Loud noise above 120 dB can cause instant harm to our ears.



Eliminate unwanted noise by creating healthy noise such as whispering instead of shouting, playing soft music and sound effects of waterfalls, and singing birds in homes or offices.



Check type of machinery that are creating noise due to vibrations and reduce noise by using noise absorbents.



Inform the authority of any breaking noise rules. You can notify government agencies if someone is not following rules and regulations regarding noise levels and also not maintaining the noise limit.

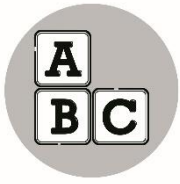


Regular check noise levels in an industrial complex and indoor to keep noise levels within the limit. It is important to control the noises created around us. People must be aware of the ways on how to control and manage noise pollution.



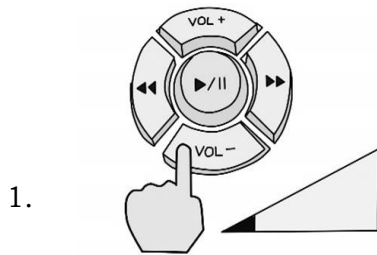
Start from yourselves to spread awareness about noise pollution and its harmful effects on humans and the environment. Noise should have limit and be minimized to avoid health problems.





What's More

Direction: Write **Agree** if it if the picture suggests ways on how to control noise pollution and **Disagree** if it does not. Write your answer on a paper.



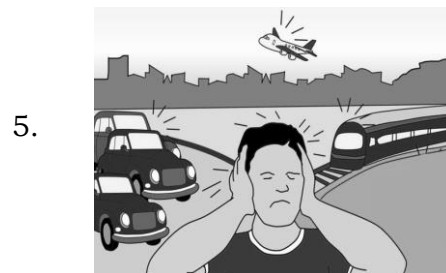
Lower the volume



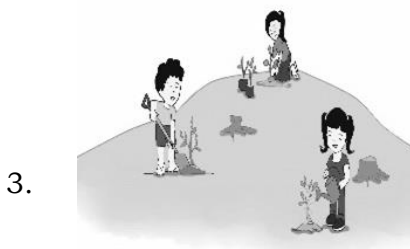
Loud Music



Loud public announcement and advertisement



Honking of vehicles



Planting trees



What I Have Learned

Direction: Write **Yes** if it suggests ways on a how to control or manage noise pollution and **No** if it does not. Write your answer on a sheet of paper.



Lower the volume of the television.



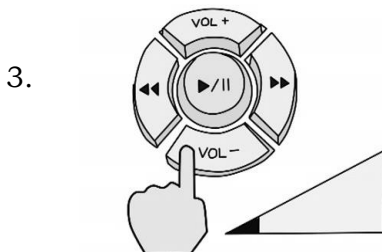
Control the noise level near this area.



Plant more trees to minimize noise.



Use earplugs to lessen the noise that will get into the ears.

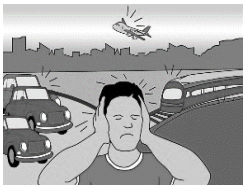






Turn off appliances when not in use.



What I Can Do

Direction: Complete the table below suggesting ways on how to control or manage noise pollution. Do it on a sheet of paper.

Causes of noise pollution	Suggestive Ways to Control or Manage Noise Pollution
1. traffic noise 	
2. Loud public announcement 	
3. A boy shouting 	
4. Loud music 	
5. A vendor passing by. 	



Assessment

Direction: Write **True** if the statement suggests ways on how to control or manage noise pollution and **False** if it does not. Write your answer in a sheet of paper.

- _____ 1. Control noise level near sensitive places like schools and hospitals.
- _____ 2. Avoid wearing earmuffs or earplugs when in a noisy and crowded places.
- _____ 3. Inform authority for breaking noise rules.
- _____ 4. Check noise level regularly in an industrial area to maintain noise level limit.
- _____ 5. Listen to radios, televisions, MP3's, and songs in higher volume.
- _____ 6. Eliminate unwanted noise by creating healthy noise.
- _____ 7. Plant more trees to have more noise absorbents.
- _____ 8. Open the door when using noisy machines to be heard.
- _____ 9. Spread awareness about noise pollution and how to control or manage it.
- _____ 10. Airports and industries should be near the residential areas.



Additional Activity

Direction: Suggest at least five (5) ways on how you can control or manage noise pollution in your place. Write the answer on a sheet of paper.

1. _____.

2. _____.

3. _____.

4. _____.

5. _____.



Answer Key

<p>Assessment</p> <p>1. True 2. False 3. True 4. True 5. False 6. True 7. True 8. False 9. True 10. False</p> <p>Additional Activities</p> <p>Pupils answer may vary</p>	<p>What I Have Learned</p> <p>1. Yes 2. Yes 3. Yes 4. Yes 5. Yes</p> <p>What Can I Do</p> <p>Pupils answers may vary</p>	<p>What I Know</p> <p>1. ✓ 2. X 3. ✓ 4. ✓ 5. ✓ 6. ✓ 7. X 8. ✓ 9. ✓ 10. X</p> <p>What's More</p> <p>1. Agree 2. Disagree 3. Agree 4. Disagree 5. Disagree</p>
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