



Document analysis

Question: What insights are valuable to teachers?

Method : Document analysis

Results

Document 1 - Grip Samevatting Focusgroepen

The analysis of the first document concluded that exposure to high noise levels in the workplace can cause irreversible hearing and voice problems such as occupational hearing impairment and tinnitus. Employers are legally required to prevent hearing damage to their staff by providing hearing protectors when exposed to a daily dose above 80 dB(A) and drawing up a Plan of Action when exposed above 85 dB(A). Employers must also inform their staff about the dangers of noise and provide them with a hearing test to determine the effectiveness of measures taken. The limit value of 87 dB(A) must not be exceeded, and immediate action must be taken to bring the noise below this level. The answers which were provided by the participants in the focus group related to the research questions concluded that: most participants were not aware of the occupational health and safety standards with regard to noise. All teachers experienced physical and mental health issues, including headaches, fatigue, voice complaints, irritability, decreased hearing, and tinnitus due to noise pollution. The use of hearing protection equipment was found to be effective, but it was found to have negative effects on communication with students.

Document 2 - Grip Student Ervaring Gehoorbescherming

The analysis of the second document revealed three themes: importance, functionality, and communication. The results showed that the use of hearing protection equipment was crucial for physical education teachers to protect their hearing, and the majority of participants used them regularly. The functionality of the hearing protection equipment was generally perceived positively, although some participants still experienced discomfort. Finally, the study showed that communication was a challenge during gym class when using hearing protection equipment, but participants adapted by using visual cues and close proximity to students. Additionally, improvements to hearing protection equipment should be explored, and municipalities and employers should prioritise protecting the hearing of their teachers.

Document 3 - Grip Student Klachten

The analysis of the third document concluded that physical education teachers suffer from various complaints, including fatigue, headaches, dizziness, voice complaints, stimulus sensitivity, and concentration, as a result of exposure to noise in sports facilities. While six out of nineteen participants identified hearing complaints, such as ringing in the ears and pain in the ears during loud noise, the majority of the participants suffer from other complaints more. The study recommended developing information material about the risks of exposure to noise in sports facilities for physical education teachers, employers, municipalities, and children. The information material could help improve working conditions and understanding among these target groups, resulting in fewer complaints and less absenteeism in the long term. The study also suggested adapting sports facilities to improve working conditions for physical education teachers.

Document 4 - Grip Student Overige Klachten

According to the analysis of the last document, the main complaints among physical education teachers in primary education due to noise pollution are fatigue, headaches, irritability, reduced focus, and voice problems. The study found that excessive noise pollution leads to fatigue, headache, irritability, and reduced focus among the teachers. The voice complaints included pain in the voice and sore

throat. One participant experienced dizziness after a concussion. The study also showed that the complaints were more frequent among subject teachers with more than 40 weekly working hours, and those who had been working for five to ten years. The study suggested that more research is needed to understand other risk factors that may contribute to these complaints.

Conclusion

In conclusion, based on the insights extracted from the documents I concluded that most **teachers are not aware** of the negative effects high sound levels can have on their overall health therefore our digital solution should aim to provide awareness to PE teachers about those negative effects and help them monitor and manage high sound levels during classes by taking necessary preventative actions.