



Hearing Protection

Just the Facts:

Construction workers may be exposed to hazardous levels of noise on a daily basis. This exposure puts them at high risk for losing their hearing and the high frequencies are the first to go. This poses challenges for understanding speech in noise, causing frustration and withdrawal.

In addition to hearing loss, noise in the workplace also is the main cause of ringing or buzzing in the ears.

The noise exposure that construction workers are exposed to daily requires the consistent and conscientious use of hearing protection. Sometimes workers forget or don't think their work environment is loud enough to warrant wearing hearing protection.

The Dangers:

Many workers are overexposed to noise. In time, overexposure can damage your hearing.

Hearing loss prevents you from hearing other hazards on the job. It also causes problems in your personal life.

- It interferes with how you hear normal speech.
- It prevents you from socializing.
- It can cause high blood pressure.
- It is permanent.

Identify Controls:

Hearing loss is preventable. The best prevention is hearing protection.

Noise is measured in decibels (dB). For example, a quick-cut saw produces 115 decibels; a jackhammer, 110 decibels; a drill, 100 decibels.

Noise power doubles every time noise increases 3 decibels.

Thank about that. When the noise level is 80 decibels and it goes up to 83, the noise is twice as loud.

In the same way, the noise level drops 3 decibels when you double your distance away from it.

Without hearing protection, your safe working limit for an 8-hour day with no other noise exposure is 85 decibels. This is the loudness of a room full of people.

Demonstrate

Identify tasks on site that require hearing protection.

Review company policy and procedures regarding hearing protection.

Show two types of hearing protectors:

- ear plugs
- ear muffs

Show how to insert ear plugs:

- Reach one hand around back of head, pull ear upwards to straighten S-shaped ear canal, then insert plug with other hand according to the manufacturer's instructions.



SAFETY TALK

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Supervisor: _____

Location: _____

Name & Number of Safety Talk

Employee Name:

Employee Signature:

Concerns:

Corrective Actions:
