

Hearing and Noise Conservation

Toolbox Talk #7



What are hearing hazards?

Exposure to high levels of noise have been one of the leading concerns for occupational health specialists. Every year many workers lose their hearing from being exposed to these levels of noise. Short-term exposure to high levels of noise can lead to temporary hearing issues, such as ringing, or a stuffed feeling in your ear. Most of the time this will go away in a few minutes or hours. In some cases, when repeated or long-term exposure is apparent, the damage done to the eardrum is so severe that it cannot be repaired with hearing aids or surgery.

How to Determine if your Workplace is too Noisy

- When you get off of work and your ears are humming or ringing
- You have to yell in order for the person next to you to hear you
- Workers complain about the noise level often
- Workers have evidence of permanent hearing loss

How to Reduce Hearing Loss or Damage?

- Maintain and lubricate machinery and equipment to reduce the noise it makes
- Wearing hearing protective devices (HPDs)
- Worker audiometric testing program (hearing tests)
- Limiting employee exposure to loud noises
- Operating noisy machines during shifts when fewer people are exposed
- Don't exceed 90 dBA for more than 8 hours in one day (scale to the right)

