



NOISE AND HEARING PROTECTION

Exposure to high levels of noise can increase the risk of permanent hearing loss, reduce work productivity, increase stress, and contribute to workplace accidents. It's important to prevent hearing loss through appropriate controls and awareness.

PERMANENT VS TEMPORARY NOISE INDUCED HEARING LOSS

Temporary hearing loss usually results from short term exposure to loud noise. Repeated exposures to loud noise can lead to permanent tinnitus and/or hearing loss.

Permanent hearing loss usually results from prolonged exposure to high levels of noise.. Permanent hearing loss reduces your ability to communicate and can negatively affect your quality of life.

NOISE CONTROLS

There are several ways to control and reduce worker exposure to noise in a workplace:

Engineering controls <ul style="list-style-type: none">• Maintain equipment in good order.• Purchase and upgrade to low noise tools when possible.• Sound barriers such as sound walls or curtains.• Enclose or isolate the noise source.	Administrative controls <ul style="list-style-type: none">• Operating noisy machines during shifts when fewer people are exposed.• Limiting the time a person spends exposed to a high noise source.• Control noise exposure by increasing the distance between the noise and others.• For every doubling of the distance between the source of noise and the worker, the noise is decreased by 6 dBA.
Personal Protective Equipment (Hearing Protection) <ul style="list-style-type: none">• Earplugs (disposable/single use, reusable/multi use, or custom molded)• Earmuffs• Canal Caps/Banded Earplugs	

How to insert earplugs correctly:

- 1) Roll the earplug into a small, thin "snake" with your fingers.
- 2) Pull the top of your ear up and back with your opposite hand to straighten out your ear canal. The rolled-up earplug should slide in the ear easily.
- 3) Hold the earplug in with your finger until it expands to fill the ear canal. Your voice will sound muffled when the plug has made a good seal.

Check the fit when you're all done. Most of the foam body of the earplug should be within the ear canal. Try cupping your hands tightly over your ears and if it sounds much more muffled with your hands in place, the earplugs aren't sealing properly. Take the earplug out and repeat the process.