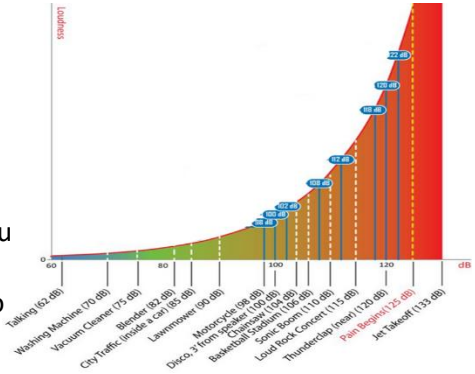


HEARING PROTECTION AWARENESS

USE THE APPROPRIATE HEARING PROTECTION TO PREVENT NOISE-INDUCED HEARING LOSS

Life is worth listening to, but it's a noisy world. Give your ears a rest.

- Sound intensity is measured in decibels (dB)
- Even small increases in dBA level can have a big impact on your hearing health.
- A 10 dB increase = 10 times the intensity
- A 20 dB increase = 100 times the intensity
- As dBA rises, your hearing is more likely to be damaged, and more quickly than you might expect.
- It takes just a few minutes of unprotected exposure at noise above 115 decibels to risk permanent hearing damage.



Continuous dB

Permissible Exposure Time

85 dB	8 Hours
88 dB	4 hours
91 dB	2 hours
94 dB	1 hour
97 dB	30 minutes
100 dB	15 minutes
103 dB	7.5 minutes
106 dB	3.75 minutes (< 4 min)
109 dB	1.875 minutes (< 2 min)
112 dB	.9375 min (~ 1 min)
115 dB	.46875 min (~ 30 sec)



Symptoms of Noise-Induced Hearing Loss

- Hearing a conversation against a noisy background can be difficult
- Speech and other sounds are muffled
- Asking others to speak slower, clearer, or louder
- Ringing in the ears (tinnitus)
- Unable to hear high-pitched sounds (birds, phone, alarms)

Hearing Protection Devices

EARPLUGS



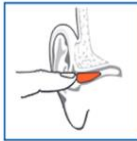
Soft/Formable



Roll



Pull

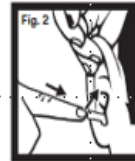
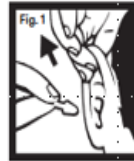


Hold



Push-to-fit

Stock # 04168



- Most foam/formable earplugs are single use.
- Push-to-fit earplugs may be single-use or able to be re-used.
- Follow the manufacturer instructions to properly insert and remove earplugs.

EARMUFFS

Stock # 20684

Select a style that is compatible with other needed PPE (hard hat, eye protection)



Earmuffs should fit snug around the crown of your head with the cushions pressed firmly against both ears

WARNING



Hearing protection REQUIRED in this area.

Hearing protection is easy, hearing is priceless. Protect your ear, here and there

You can also prevent hearing loss away from work with some of these suggested best practices.

- Wear hearing protection when operating gas-powered lawn equipment or power tools.
- Move away from sources of loud sounds such as amplifiers and limit exposure.
 - Turn down volume levels on headphones
 - Have your hearing tested by a professional



EH&S Hearing Conservation Policy

RESOURCES



NIOSH – Noise and Hearing Loss FAQ's