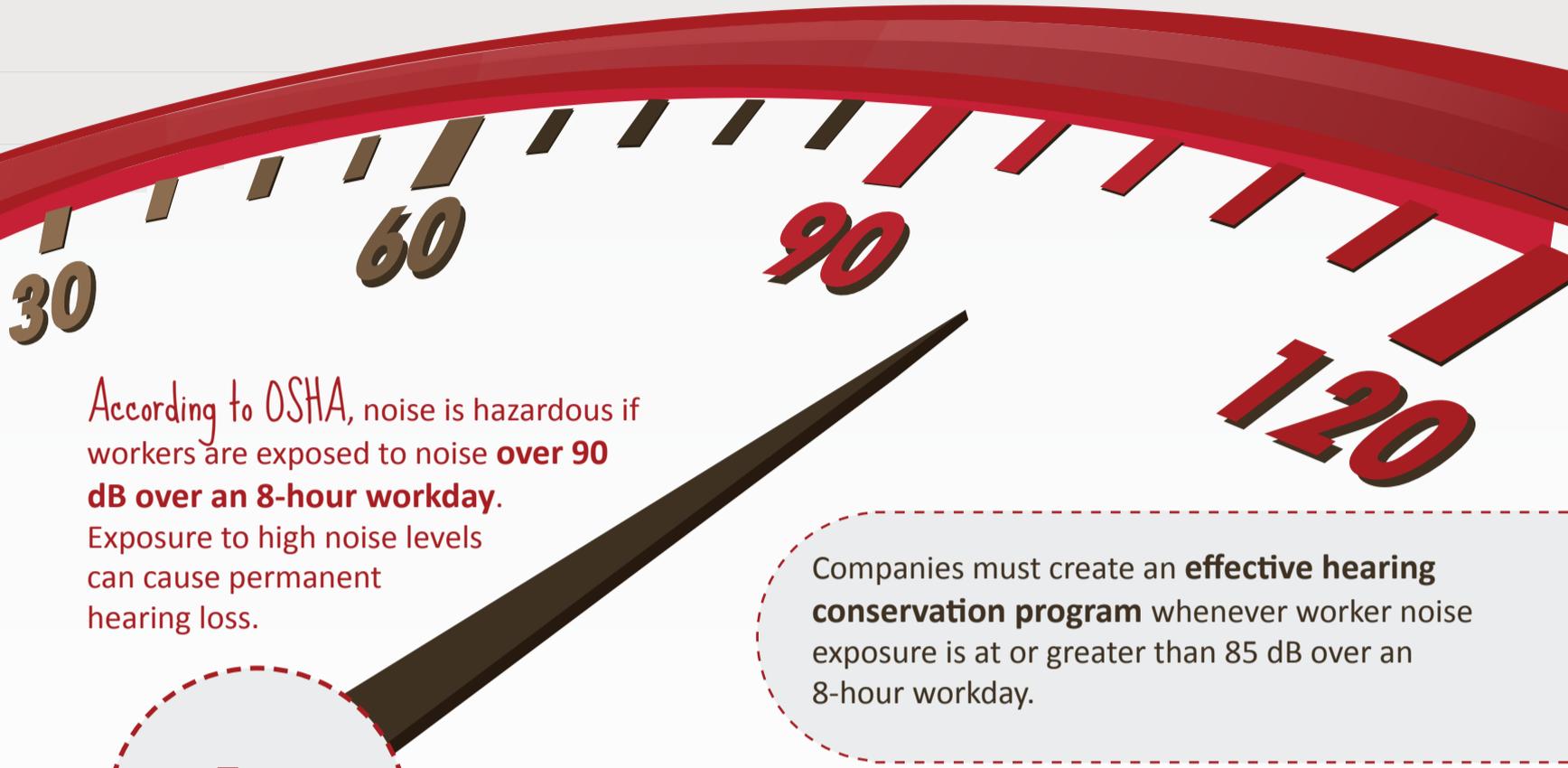


# You heard it here

Around **30 million workers** in the US are exposed to **hazardous noise** every year. Thousands of those exposed workers suffer from preventable hearing loss. **Hearing loss can be prevented.** Take advantage of your company's hearing conservation program and use administrative controls and hearing protection when needed.



According to OSHA, noise is hazardous if workers are exposed to noise **over 90 dB over an 8-hour workday.** Exposure to high noise levels can cause permanent hearing loss.

Companies must create an **effective hearing conservation program** whenever worker noise exposure is at or greater than 85 dB over an 8-hour workday.

**dB**

You may be affected by hazardous noise if you

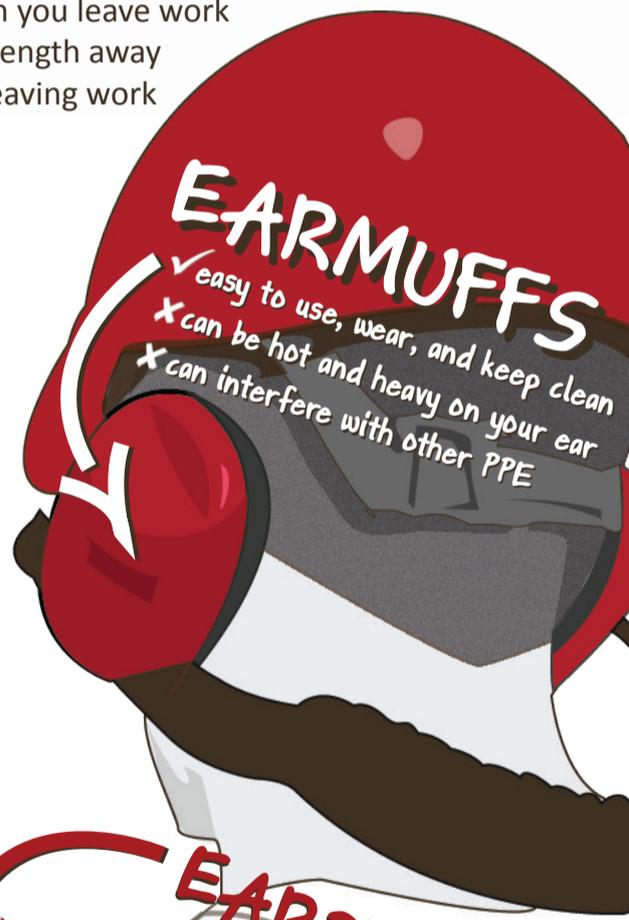
- Hear ringing or humming in your ears when you leave work
- Have trouble hearing a coworker an arm's length away
- Experience temporary hearing loss when leaving work

**Engineering controls** can include selecting low-noise tools and machinery, maintaining and lubricating equipment, placing a barrier between workers and the noise source, and enclosing or isolating the noise source.

**Administrative controls** can include operating noisy machines during shifts when fewer workers are exposed, limiting the amount of time a worker is exposed to the noise source, providing quiet areas where workers can take breaks from the hazardous noise, keeping workers a safe distance away from noisy equipment, and posting high noise warning signs.

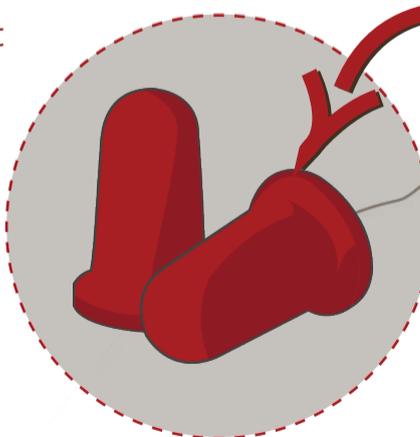
If engineering and administrative controls cannot provide enough protection against hazardous noise, your company must provide you with hearing protection.

**Hearing protection** is used to block the path that noise takes into the body. It must reduce noise levels below 90 dB TWA.



**EARMUFFS**

- ✓ easy to use, wear, and keep clean
- ✗ can be hot and heavy on your ear
- ✗ can interfere with other PPE



**EARPLUGS**

- ✓ provide good protection from most noise levels
- ✓ are convenient and disposable
- ✗ can be difficult to insert correctly

## How to don EARPLUGS



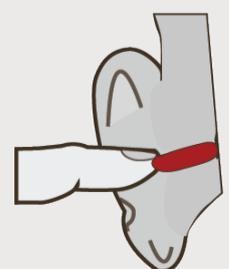
Roll

into a small, thin "snake" (make sure your hands are clean)



Pull

top of your ear up & back to straighten ear canal



Hold

earplug with your finger & count to 20 or 30 while waiting for plug to expand