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Best Practices in Hearing Protection

Your Top 10 Safety Tips



PREVENT TEMPORARY OR PERMANENT HEARING LOSS FROM WORKPLACE NOISE

Excessive noise not only has the potential to lead to hearing loss but is also frequently associated with numerous other health-related risks such as tinnitus. To avoid hearing loss, read through the following tips. They're easy to understand, and by adhering to them you'll help reduce the chances of your ears being exposed to harmful noise.

YOUR TOP 10 SAFETY TIPS

- 1 OSHA requires hearing protection be worn whenever a worker's noise exposure is at or above an 8-hour average of 85 decibels, and that workers be periodically rotated to less noisy areas
- 2 OSHA requires noise monitoring, hearing testing, employee training, hearing protection devices, and recordkeeping for compliance
- 3 As a rule of thumb, if you have to raise your voice to talk to someone, you are in an area where the noise level is at or above 85 decibels, and you should be wearing hearing protection
- 4 Following equipment maintenance procedures to keep bearings and other moving parts lubricated will reduce machinery noise
- 5 Isolate loud equipment away from areas employees are working
- 6 Find ear protection which is comfortable for you, whether ear plugs, canal caps, ear muffs or a combination of these devices
- 7 Foam plugs are disposable and inexpensive with good noise reduction ability. PVC or polymer blends are available for workers who are allergic or sensitive to foam plugs
- 8 Canal caps fit into the outer ear and are held in-place by a headband
- 9 Ear muffs come in a range of noise reduction levels to meet different needs, and are more comfortable than plugs or canal caps
- 10 Further reduce noise by using engineered noise controls such as engine mufflers, sound absorbing tile, and low noise equipment

BONUS TIP: Dosimeters are the most accurate method of measuring personal noise exposure and are worn by employees as they work

22M

U.S. WORKERS EXPOSED TO NOISE LEVELS HIGH ENOUGH TO CAUSE DAMAGE

24%

HEARING LOSS ATTRIBUTED TO WORKPLACE EXPOSURE

20K

WORKPLACE HEARING LOSS CASES REPORTED ANNUALLY IN U.S.