



Hearing Protection

We use our ears everyday. Many tasks would be difficult or impossible without the ability to hear. In construction there is noise all around us as we perform our daily tasks. We hear equipment running, back up alarms, radio communications, cell phones ringing, communication with fellow workers, the list is endless. It seems obvious that it would be difficult to perform our jobs without the ability to hear.

Today, in excess of twenty million Americans suffer some measurable hearing loss and sixteen million workers are exposed to noise on the job that could damage their hearing. OSHA regulations require employers to take measures to reduce exposure to noise levels at or above 90 decibels. The intensity of a sound is measured in decibels (DB).

Sound	Noise Level in Decibels (dB)	Effect	Permitted Duration Per Workday
Rustling Leaves	10		Unrestricted
Whisper	20		Unrestricted
Normal Conversation	60		Unrestricted
Lawnmower	85	Action Level	Unrestricted/Protective Measures or monitoring go into place
Diesel Truck	90		8 hours
Concrete Vibrator (Hand Held)	100	Regular exposure may cause hearing damage	2 hours
Chainsaw or Pavement Breaker	110		½ hour
Threshold of Pain	125 to 130		Exposure Not Permitted
Jet Aircraft	140		Exposure Not Permitted

There are some things we can do to reduce our exposure to noise and protect our hearing.

First we can engineer the noise away by putting up sound barriers or enclosing certain processes.

Second, we can schedule workers so they spend less time around high noise operations. Depending on the circumstances, these two options may not be possible but the third thing we can do anywhere, anytime -- wear hearing protection

Points To Remember:

- Action Level is 85 dB (Level that we start protection)
- Impulse or Impact noise should not exceed 140 dB

Meeting Conducted By: _____

Date: _____

Comments: _____

Attendees:

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Signature

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