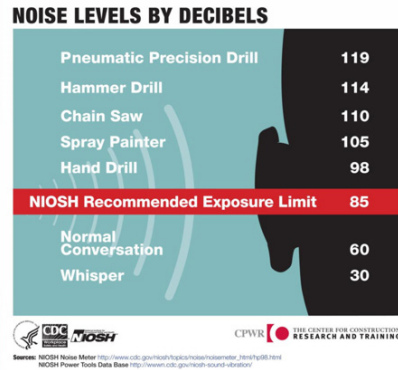


# NOISE LEVELS



Noise levels on site can permanently damage the small nerves in the ears causing irreversible hearing loss. Seventy-three percent (73%) of construction workers are exposed to noise levels over the National Institute of Safety and Health (NIOSH) limit of 85 decibels (*The CPWR*).



It is important to pay attention to noise levels on site. If possible, measuring with a decibel meter is the most accurate approach. If noise measures over 85 decibels, hearing protection should be worn.

If a decibel meter is not available, the shout test can be employed. If you have to shout to be heard standing three feet away, then it is likely the noise level exceeds 85 decibels.

Project planning must include a “noise control plan” that should be verified through on-site testing and monitoring.

You must consistently wear hear protection. Select the most comfortable option and wear it EVERY time you work in the noisy area.

Types of hearing protection include ear muffs and ear plugs. Select the most comfortable option. And keep in mind that in certain instances double hearing protection may be required, such as a combination of ear plugs and ear muffs.

If ear plugs are chosen, ensure they are kept clean and inserted properly.

If it is possible to move your work away from the noise, do so. And spend as little time as possible in the noisy area.

If you are going to be exposed to noisy work consistently on a project or projects, have your hearing tested so you have a baseline to compare to periodically. You can ask your doctor to recheck your hearing at regular doctor visits.



So what are some actions you can take today to minimize your risk of hearing loss?

## DO

- Do test for noise levels so the decibel level is known.
- Do wear the most comfortable hearing protection.

## DON'T

- Don't put things on your ears that aren't meant to be there (cotton, tissues, etc) as hearing protection.
- Don't use earphones as hearing protection-they are not meant for that and have a zero safety factor..

Talk Given By: \_\_\_\_\_ Date: \_\_\_\_\_  
Company: \_\_\_\_\_ Location: \_\_\_\_\_

Printed Name

**Signature**

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