



# North Carolina Wing Weekly Safety Blast



## 2018 - Topic #26 – Hearing Conservation

### Reason for this Blast:

Hearing is precious and must be protected.

### ➤ Safety Points:

- Noise levels above 85 decibels over an eight-hour average can be hazardous.
- Any noise at or above this level may require hearing protection depending on and duration of exposure.
- The louder and longer your exposure, the more likely your hearing will be damaged.



### ➤ Ways to prevent hearing loss:

- There are two elements to noise exposure, noise level and time duration. Reducing either one or both will reduce exposure.
- Attempt to “engineer out” the noise. Some examples of this would be; installing a muffler or isolating the equipment, or installing sound dampening foam.
- Properly don your hearing protection devices. With ear muffs, make sure nothing (hair, glass’s frame, etc.) interferes with the seal around your ears. With earplugs, follow the manufacturer’s instructions carefully to properly insert them. Typically, you twist and compress the ear plug between your fingers. Reach around your head with your opposite arm and gently pull up on your ear to straighten your ear canal while you insert the plug.



Correct



Incorrect

### MAIN DISCUSSION POINT OF THIS SAFETY BLAST

**Hearing loss occurs slowly over time, and typically goes unnoticed until it's too late. Protect yourself now.**