

### List noise hazards on site

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In the same way, the noise level drops 3 decibels when you double your distance away from it.

Without hearing protection, your safe working limit for an 8-hour day with no other noise exposure is 85 decibels. This is the loudness of a room full of people.

When noise cannot be reduced or controlled, we need to wear hearing protection.

### Explain dangers

Many construction trades are overexposed to noise. In time, overexposure can damage your hearing.

Hearing loss prevents you from hearing other hazards on the job. It also causes problems in your personal life.

- It interferes with how you hear normal speech.
- It prevents you from socializing.
- It can cause high blood pressure.
- It is permanent.

### Identify controls

Hearing loss is preventable. The best prevention is hearing protection.

Noise is any unwanted sound. There are two types—continuous noise (air-conditioner) and impulse noise (gunshot).

Noise is measured in decibels (dB). For example, a quick-cut saw produces 115 decibels; a jackhammer, 110 decibels; a drill, 100 decibels.

Noise power doubles every time noise increases 3 decibels.

Think about that. When the noise level is 80 decibels and it goes up to 83, the noise is twice as loud.

### Demonstrate

Identify tasks on site that require hearing protection.

Review company policy and procedures regarding hearing protection.

Show two types of hearing protectors:

- ear plugs
- ear muffs

Show how to insert ear plugs:

Figure 5



Proper Technique for Inserting Earplugs

Reach one hand around back of head, pull ear upwards to straighten S-shaped ear canal, then insert plug with other hand according to manufacturer's instructions.