



TOOLBOX TALK



TOPIC DISCUSSED:

HEARING PROTECTION



Prolonged exposure to loud noises heightens the risk of hearing loss. When the inner ear nerves are harmed due to prolonged exposure to loud sounds, the damage becomes irreversible. The source of excessive noise can vary, whether it's at work, at home, or during leisure activities. Power tools, recreational gear, live music, and headphones are all capable of producing harmful levels of noise.



QUESTIONS:

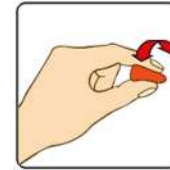
1. How long can you stay in an environment of over 95 DB noise level?
2. Name three types of ear protection.
3. True or False – You can use stereo headsets as hearing protection.

TAKE A LOOK AT THE FOLLOWING:

Avoid relying on **MAKESHIFT** hearing protectors such as cotton or stereo headsets; **THEY DO NOT EFFECTIVELY** shield your ears from noise.



HOW TO INSERT EARPLUGS:



Firmly hold the earplug between your thumb and forefinger.



Reach over the head and pull your ear up and out to open the ear canal with the opposite hand.



Push the rounded tip of the earplug completely into the ear canal.



How it should be placed in the ear canal.



If employees are exposed to noise levels exceeding **85 DBA/TWA**, it is mandatory to establish a Hearing Conservation Program according to the standard.

TYPES OF HEARING PROTECTION:



EARPLUGS

Inserted into the ear canal to block out noise; these can be disposable or reusable. It's essential to follow the manufacturer's instructions for proper usage.



EARMUFFS

Considered the most effective protectors, earmuffs feature cushioned plastic cups attached to a headband, covering each ear.



CANAL CAPS

These lightweight headbands with soft, flexible pads cover and seal the ear canal entrance. While comfortable, they offer the least protection against noise.



EARMUFFS & EARPLUGS

In some high-noise environments, using both earmuffs and earplugs in combination may be necessary for adequate protection.



85 DB

90 DB

95 DB

100 DB

105 DB

110 DB

115 DB

NOISE LEVEL



16 HOURS

8 HOURS

4 HOURS

2 HOURS

1 HOUR

30 MIN

15 MIN

ALLOWABLE EXPOSURE TIME

