

TRASHCAN TALK

Employee Safety Communication

Hearing Protection



EDITION: 7

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Determining noise level:

1. If it is necessary to speak in a very loud voice or shout directly into the ear of an individual, the exposure limit for noise is being passed.
2. If an individual has heard noises and ringing noises at the end of the workday, they are being exposed to too much noise for an extended period of time, which could become very dangerous.
3. If speech and music/sounds are muffled after leaving work but sounds clear in the morning, exposure to that level of noise could cause partial loss of hearing.

What is hearing safety?

- Workers who are exposed to a dangerous level of noise should wear the proper hearing protection at all times. 85 decibels is the level when hearing protection becomes critical.
- The louder and longer your exposure, the more likely your hearing will be damaged.

What can I use to protect my hearing?

- Ear plugs made of soft material like neoprene can reduce noise by about 30-33 decibels.
- Ear muff hearing protection tend to be closer to the Noise Reduction Rating than ear plugs.
- Always wear hearing protection the correct way – it is a necessary precaution. You need it more than you think!

Decibel levels:

- 30-40 = quiet, pleasant sounds
- 40-50 = normal office noise
- 50-60 = normal conversation
- 70-90 = heavy machinery, electric motors, garbage disposals, city traffic
- 100-120 = jack hammer, power saw, motorcycle, lawn mower
- 140 & above = jet engine, gunshot



Safety starts here!

Created by Beth Cohen

Hearing Protection: A Sound Investment



Wear your Personal Protective Equipment

- gloves
- high visibility safety vest
- safety glasses
- safety boots
- hearing protection
- head protection
- dust masks and respirators
- harnesses and lanyards
- work clothes

REQUIRED AT ALL DUMPS

