

SAFETY TALKS! For Construction

Now Hear This!

Excessive noise may cause hearing loss

- Noise-induced hearing loss develops gradually
- It's painless, but irreversible
- If your hearing's fading,
Prevent further damage now
- If your hearing's fine,
Keep it that way

Two types of noise damage hearing:

- One is sudden loud noise
- Such as an explosion or gunshot
- This permanently damages hearing instantly

Gradual hearing loss is more common

Sources of workplace noise include:

- **Conveyors**
- **Air tools**
- **Heavy equipment**

And more

Some noise can be corrected by:

- **Sound insulation**
- **Machinery maintenance**

If not, wear hearing protection

Choose protection right for your job

You may need:

- Disposable foam earplugs
- Molded plastic canal caps
- Earmuffs

Regular hearing tests may be available

Baseline test is done first

Then subsequent tests

These measure hearing deterioration

Take this hearing quiz:

- Does it seem as though everyone mumbles?
- Do you often misunderstand others?
- Is it hard to pick out sounds in a noisy room?
- Do people say your TV or voice is too loud?

Is your hearing bad after work, but improves later?

Is it hard to hear while on the phone?

Is it hard to hear certain tones?

Are you sometimes unsure where sounds are coming from?

If yes, you might have hearing loss

- Hearing protection will prevent more damage
- But you must wear it
- Choose between temporary inconvenience
- And permanent hearing loss

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