



Mission Success Starts With Safety



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# SSC Monthly Construction Contractor Meeting

## Safety Presentation

### Prevent Hearing Loss

November 04, 2021

# How Do I Prevent Hearing Loss from Loud Noise?

The effect of noise on hearing depends on how loud it is (sound intensity) and how long it lasts (duration). Avoiding noisy situations is the best prevention. If you can't avoid the noise, use adequate hearing protection.

## If You Need to Shout... the Sound is Too Loud

Even without a device to measure sound, you can typically tell if the noise around you is too loud. If you or others need to shout in order to be heard or cannot understand each other even at arm's length away, the sound is too loud and may damage your hearing over time.

## Ways to Protect Your Hearing

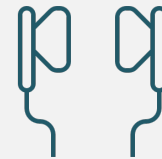
- 🔊 Turn the volume down
- 🔊 Walk away from the loud noise
- 🔊 Take breaks from the noise
- 🔊 Avoid loud, noisy activities and places
- 🔊 Use hearing protection

### NOISE LEVELS BY DECIBELS

Pneumatic Precision Drill	119
Hammer Drill	114
Chain Saw	110
Spray Painter	105
Hand Drill	98
<b>NIOSH Recommended Exposure Limit</b>	<b>85</b>
Normal Conversation	60
Whisper	30

## Earbuds

When working on a computer or going for a run, chances are you or a family member use an iPod or similar personal listening device. With increased popularity in these products, the use of earbuds has increased resulting in an expanding population at risk for noise-induced hearing loss.



Studies show that when delivered directly to the ear via an earbud or headphone, the sound level emitted far exceeds the level of noise known to cause hearing loss. Personal listening devices can deliver sound at levels ranging from 100 to 115 dBA when played at full volume. These levels can cause long-term hearing damage if used frequently and for long durations. At 115 dBA, an allowable workplace exposure would be less than 15 minutes, and hearing protection would be necessary.

Protect your hearing and encourage those close to you to follow sensible practices. Try following the 60/60 rule; this approach suggests listening to your personal listening device at no greater than a 60 percent volume level for no more than 60 minutes at a time. A subsequent rest period will give the delicate hair cells lining the inner ear time to recover from the noise. This simple technique limits the sound reaching the inner ear to levels below the thresholds known to cause noise-induced hearing loss.