

Hearing Prevention Toolbox Talk



The effect of noise on hearing depends on how loud the noise is and how long the noise lasts. Noise can damage small hairs called cilia in your cochlea that conduct sound to your brain. The loud noise can bend or break them off over time.

There are different types of noise that could contribute to hearing loss.

1. *Continuous* – same noise consistently
 - a. Machinery constantly running in a power plant, lawn mower
2. *Intermittent* – periods of quiet interrupted by noise
 - a. Using a tool or piece of machinery on and off: loud music or chainsaw
3. *Impact or Impulsive* – something striking another object
 - a. Nail gun, jack hammer, gunshot

Recognizing Hearing Loss

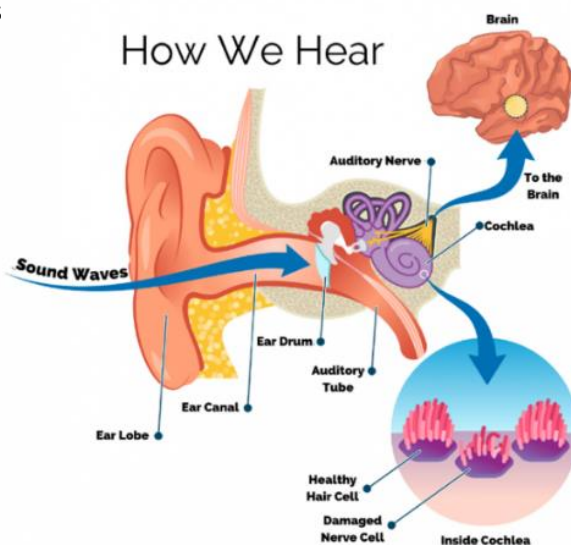
- If you need to shout in order to be heard, the sound is too loud
- Difficulty understanding speech
- Thinking people are mumbling or frequently asking them to repeat themselves

Preventing Hearing Loss

- Wearing PPE when tool or machine manufacturer requires it: ear plugs or muffs
 - Only wear approved hearing protection that meets ANSI standards
- Give your ears a rest by taking breaks from prolonged exposure to loud noises
- Turning off tool/machinery or moving to a quieter area to talk

Symptoms of Hearing Loss

- Buzzing
- Ringing in ears
- Muffled Hearing
- Tinnitus – constant ringing, hissing, buzzing, roaring, chirping or whistling sounds



Discussion Date:

Supervisor:

Attendees: