

Noise and Hearing Protection

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Hearing loss is the injury nobody notices happening. It is permanent, it is cumulative, and the damage is done long before anyone would call the job painfully loud.

WHAT GOES WRONG

- The same tool used indoors in January is far louder than it was outdoors in August.
- Plugs left out for a short task, and short tasks add up across a shift.
- Plugs rolled and inserted wrong, so they sit in the ear doing almost nothing.
- Nobody wears protection because everyone else is shouting to be heard anyway.

CONTROLS: BEFORE YOU START

- If you have to raise your voice to be understood at arm's length, you need protection.
- Match the protection to the noise: plugs, muffs, or both for the loudest work.
- Roll, pull the ear back and up, insert, and hold until the plug expands.
- Reduce the noise at the source where you can, with quieter methods or barriers.
- Watch out for the people working near the noise, not just the person making it.

ASK THE CREW

1. What is the loudest task on this site this week, and who is near it?
2. Who is working alongside that task without protection?
3. Show me how you put a plug in. Who was taught and who guessed?
4. Does anyone here have ringing in their ears at the end of a shift?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
SUPERVISOR / COMPETENT PERSON	SIGNATURE