



Employee Training Manual

Hearing Conservation and Protection

Hearing Conservation & Protection

- Exposure to high levels of noise causes hearing loss and may cause other harmful health effects as well. The extent of damage depends primarily on the intensity of the noise and the duration of the exposure.



Hearing Conservation & Protection

- Selecting hearing protection
 - 1. Noise hazard – how much noise will you be dealing with?
 - 2. Noise frequency – Will it be continuous or intermittent?
 - 3. Fit and comfort – Protective device must fit properly and be comfortable enough to wear as long as they are needed.
 - 4. Noise Reduction Rating (NRR) – All hearing protectors carry a label indicating the NRR; a higher number on the label means more effectiveness.

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- Hearing protective devices filter out the loud noise. This means they do not block out sound completely but they reduce the amount of sound reaching the delicate parts of the ear. By doing so, they offer some protection so that hearing will not get overloaded by the surrounding noises that interfere with speech and machinery sounds.



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- Audiometric Testing
 - Once a year this facility has a mobile unit come in and do audiometric testing for employees.
 - A trained technician uses an audiometer to send tones through headphones. The person being tested responds to the test sounds when they are first heard. The chart that records responses to the test sounds is called an audiogram.



Hearing Conservation & Protection

- You are ultimately responsible for protecting your own hearing. You have the most to lose if you suffer hearing loss as a result of on-the job noise hazards. Here are a few points to remember about protecting your hearing.
 - 1. Make sure earplugs fit properly.
 - 2. Have an annual hearing test.
 - 3. Keep hearing protection devices (HPDs) in good condition.
 - 4. Don't use homemade HPDs or cotton, they don't work.
 - 5. If you are in a room that requires HPDs, for less than 10 minutes, the requirement for use is waived.