

This talk will increase employee awareness of the types of hearing protection available. It is important that all hearing protection be used properly, in compliance with the ASMG Health & Safety Manual.

Hearing protection is often used in the construction environment. However, whenever possible, the source of the noise should be eliminated. If high energy noise is prevalent in the work environment, hearing protection can be an effective means of reducing hearing loss.

### **Types of Hearing Protection:**

- Disposable plugs
- Formable insert-type protectors
- Preformed insert-type protectors
- Muff-type protector



### **Wearing Hearing Protection Properly:**

- Follow directions on the package when putting protection on
- Use only company-approved hearing protection devices.
- Make sure the selected protection fits properly.
- Maintain hearing protective devices in a sanitary condition.
- Do not wear hearing protection without proper training.
- Make sure nothing interferes with the use of hearing protectors (e.g., eyeglass frames)
- Make sure the Noise Reduction Rating is adequate.



### **Symptoms of Hearing Loss:**

- Noise or ringing in the ears.
- Trouble hearing people when they speak.
- Trouble hearing certain high or soft sounds.
- Needing a higher volume on the TV or radio - high enough that others complain

Remember, it is impossible to recover from noise-induced hearing loss. Certain job functions require the use of Hearing Protection; ensure that you wear your hearing protection when required. Hazard Assessments have been conducted on various job functions to determine if and what type of hearing protection is required. The Safety Department has noise monitoring equipment and will conduct Hazard Assessments as needed to protect your safety. Excess noise level should be reported to your supervisor.

