

Job Name _____ Job # _____ Date 10/11/18

Toolbox Talk: Noise & Hearing Protection

On the job, too much noise can distract you. You may not hear warnings. Noise damages the nerves in your inner ears. Those nerves cannot be repaired. You might not be able to understand what people are saying. If you are exposed to too much noise, you can lose your hearing—and possibly your life.

Remember This

- Pay attention to noise levels where you work. The best way to know if you need hearing protection is to measure the sound levels (in decibels). If you don't have the tools to do this, the next best way is the shout test. If you have to shout to be heard when standing 3 feet (at arm's length) away from someone, then it's probably over 85 decibels and hearing protection should be worn.
- Find the most comfortable hearing protectors (earplugs or earmuffs) and make sure you wear them every time you are around loud noise.
- If you choose to wear disposable foam earplugs, make sure you insert them properly. If you are not sure how to, then ask your supervisor for training.
- Avoid inserting or removing earplugs if your hands are dirty, to avoid an ear infection.
- Look for signs that identify noise hazards.
- Have your hearing tested as soon as possible to have a baseline measurement of your hearing. Have it rechecked during regular doctor visits to make sure you haven't damaged your hearing.



Please be sure to sign your name to the training certification form.

