

You can never regain any hearing loss, so protect them while you can!

## HEARING LOSS

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Hearing loss is a natural part of aging, but constant exposure to loud noise can damage the ear and expedite the hearing loss process. Naturally you can lose about half of your hearing by age 65. Losing your hearing doesn't just hinder your ability to communicate, but it also causes physical and mental strain.

The permissible exposure limit per OSHA is 90 decibels with an action level of 85 decibels. **Any employee exposed to 85 decibels or higher over an 8 hour shift needs to wear hearing protection.**

It is important to conduct noise testing in your workplace to protect employees. A noise may not be sharp and loud creating an instant effect, but chronic exposure to noise that isn't acutely bothersome can cause the same amount of damage to the ear.

## EXPOSURE CONTROLS

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### Engineering Controls:

- Isolation – Place loud equipment in their own rooms or places with less normal occupancy
- Enclosure – Place loud equipment behind barriers or in containment to mitigate noise

### Personal Protective Equipment:

- Ear Plugs – Inserted into the ear cavity to dampen loud noises
- Ear Muffs – Cover the entire ear. Must provide a complete seal to be affective.

Make sure ear plugs and muffs have a Noise Reduction Rating that will lower exposure to below the OSHA PEL. Noise Reduction Ratings are located on the packaging.

## HOW TO WEAR EAR PLUGS

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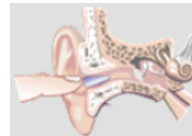
### ROLL, PULL, AND HOLD



**1- Roll** the ear plug up into a small, thin "snake" with your fingers. You can use both hands.



**2- Pull** the top of your ear up and back with your opposite hand and straighten out your ear canal. The rolled-up ear plug should slide right in.



**3- Hold** the ear plug with your finger. Count to 20 sec. while waiting for the ear plug to expand and fill the ear canal. Your voice will sound muffled when you have a good seal.