



Subject: Hearing Protection Tool Box Talk No.: 014

Excessive noise emitted from plant, processes and tools can cause, over a period of time, progressive and irreversible loss of hearing. It can cause a ringing or rushing noise in the ears which will not disappear.

Hearing loss can also make communication difficult which, in turn, may lead to accidents through instructions either not being heard or being misheard.

Remember, deafness caused by excessive noise at work develops very gradually, but cannot be cured once the damage has been done. So-called "getting used to noise" can mean that there is already some hearing loss. Take proper precautions to protect your hearing. Before working with noisy plant or in a noisy environment, remember the following:-

- If it is necessary to shout to be heard by someone about one metre away, it is likely that there is a noise problem requiring action.
- Where noise levels are shown to be excessive, personal ear protection must be worn at all times. Whether ear-plugs or ear protectors are used, they must fit perfectly and be treated carefully.
- Ear protectors should be regularly inspected to make sure they are undamaged. Ear plugs must be fitted correctly and inserted in the ear with clean hands.
- Hearing protection must be worn in all areas where hearing protection warning signs are displayed.

