



KCA TOOL BOX TALK: Hearing Protection

If you are exposed to too much noise, you can lose your hearing. On the job, too much noise can distract you and you may not hear warnings. Noise also damages the nerves in the inner ears. Those nerves cannot be repaired.

Signatures

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____

Preventing Hearing Loss:

- Use comfortable hearing protection such as ear plugs
- Be sure you've been trained to properly insert disposable foam ear plugs
- Avoid inserting or removing ear plugs if your hands are dirty
- Take breaks from loud noise even if protective gear is worn
- Identify equipment and work areas where signs can be posted to make other workers aware of high noise areas
- Use a jackhammering attachment on an excavator to keep the worker farther from the noise source
- Move noise sources such as compressors away from the workers

For more information visit OSHA STANDARD: 1926.52