

TOOLBOX TALK

DISCUSS WITH CREWS

mm/dd/yyyy

HEARING PROTECTION

Topic Overview

Everyone is exposed to loud noise at some time in their lives. Lawn mowing, trucks and tractors, airplanes, table saws, rock concerts, snowmobiles — over time, exposure to loud sounds such as these on a regular basis can result in permanent hearing loss. Hearing loss cannot be repaired. The damage is permanent.

Hazards to be aware of

- Extremely loud noise for a short duration.
- Long-term exposure below limits, can also cause hearing loss.

Safety Tips

Hearing testing is an annual requirement in British Columbia for all workers. Watch your personal results to ensure the protection you are currently wearing is sufficient. A decibel is the unit used to express sound level, and “loud noise” means sounds of more than 80 decibels.

- If you raise your voice to be heard over background noise, you need hearing protection.
- Hearing loss due to loud noise is preventable, but it is NOT treatable.
- The best hearing protector is one that you will want to wear for the entire time you’re exposed to noise.
- Earplugs should fit snugly in your ear canal and someone looking at you should have a hard time seeing them. If they stick out too far, they’re not blocking sound. Foam (disposable) earplugs are for single use only.
- Earmuffs should fit close to your head, with no gaps. Earmuffs will last about 4 to 5 years, but you must replace the cuff (the part that sits right on your skin) every year. Oil and sweat from your skin will make the plastic of the cuff deteriorate.
- Custom-molded earplugs are made of medical-grade silicone molded to your ear and ear canal. The custom-molded type will last about 3 to 4 years.



| Occupation | Noise Exposure Levels |
|---------------------------|-----------------------|
| Crane Operator | 90 dBA |
| Electrician | 89 dBA |
| Jackhammer Operator | 97 dBA |
| Labourer | 93 dBA |
| Mobile Equipment Operator | 91 dBA |
| Welder | 92 dBA |

Resources

For additional information, refer to site-specific plans, company safe work practices and procedures and WorkSafeBC regulations.

TOOLBOX TALK

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|--------------|--|------|--|
| LOCATION | | DATE | |
| PRESENTED BY | | TIME | |

Review previous Workplace Inspections

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Review previous Accident/Incident/Near Misses

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Other Safety Issues or Suggestions made by Staff

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Attendance Record

| NAME | SIGNATURE | NAME | SIGNATURE |
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| TOOLBOX MEETING REVIEWED | NAME (PRINT) | SIGNATURE | DATE |
|--------------------------|--------------|-----------|------|
| MANAGEMENT REP | | | |
| WORKER REP | | | |