

What is noise and why is it a hazard? Noise is unwanted sound. It is also one of the most common occupational health hazards. Over exposure to noise can result in auditory health effects.

What are some of the health effects?

- *Acoustic Trauma* – sudden hearing lost caused by short intense bursts of sound such as a gunshot.
- *Tinnitus* – A constant ringing or buzzing in the ear can result from age or damage to the hearing nerves of the inner ear.
- *Temporary hearing loss* – Occurs immediately after exposure to a high level of noise there is a gradual recovery where the individuals hearing will return if they spend several hours in a quiet area.
- *Permanent hearing loss* – Permanent and irreversible hearing loss occurs after continual over-exposure to noise. This loss is only noticeable when it begins to impair routine activities.

Proper use of ear plugs



1. Roll ear plugs into small “snake”

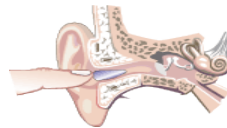


2. Pull the top of your ear up with opposite hand and the ear plug should slide in easily

How is my hearing protected?

Hearing can be protected through the use of controls.

- Engineering (at the source) controls reduce or contain the noise away from the worker.
- Administrative (along the path) controls limit the exposure by training workers in how to recognize potential over-exposures, limit exposure through monitoring and rotation.
- Personal protective equipment (at the worker) the last line of defence where the worker wears equipment to limit exposure such as ear plugs or ear muffs.



3. Hold the plug in place for 20 to 30 seconds for it to expand

What if I have other concerns?

If you have any concerns or questions speak to your:

1. Supervisor,
2. Health and safety representative, or
3. Contact EHS