

Protect your hearing or lose it. This statement is true and every year thousands of people are diagnosed with hearing problems that will affect them for the rest of their life. Hearing damage can affect you in many ways, you may not be able to hear a conversation, people may complain that you turn things up too loud and you may suffer from tinnitus (ringing in the ears). Hearing damage can be instant following a very loud explosive or impact noise, but in most cases, it is gradual and before you know it, it is too late.

Most work places have activities that cause loud noises and as a responsible employer we have a duty to eliminate that noise, or reduce it at source. However, in many cases due to the nature of our work, the noise cannot be effectively controlled other than by the wearing of hearing protection

**THIS NOISE INDUCED HEARING LOSS IS 100% PREVENTABLE BUT ONCE ACQUIRED, IT IS IRREVERSIBLE.**

#### **Key Points**

- ✓ You must cooperate with us to reduce the risk, for example making sure that you use only approved working methods where noise is produced
- ✓ You must wear hearing protection in accordance with the “Now Hear This” signage displayed around the workshops or where mandatory signage is displayed
- ✓ You must wear the hearing protection correctly, make sure you wear it at all times when doing noisy work (taking it off even for a short time can damage your hearing)
- ✓ You must look after your hearing protection, ensure it is clean, well maintained and if you are using ear plugs ensure that these are inserted correctly
- ✓ You must report any hearing problems to your employer or any activities where you think inadequate controls are in place to reduce noise risk

#### **Earmuffs - (important)**

*Are the preferred PPE, make sure they totally cover your ears, fit tightly and there are no gaps around the seals. Don't let hair, jewellery, glasses, hats etc. interfere with the seal. Try to keep the seals and the insides clean. Don't stretch the headband too much – make sure it keeps its tension. Replace the earmuffs if damaged. This will ensure the efficiency of the muff.*

#### **Earplugs -**

They can be difficult to fit properly – practise fitting them, and get help if you are having trouble. Often, they can look like they are fitted properly, but they may not be giving you much protection. Clean your hands before you fit earplugs, and don't share them. Some types you use only once, others can be re-used and even washed – make sure you know which type you have.

Once worn ensure they are only used in the same ear each time. Do not switch plugs between ears as this can transfer infections. If you forget which way round you had been wearing them, replace them or if suitable wash them thoroughly.

**REMEMBER: PROTECT YOUR HEARING**

15/12/2022



## Toolbox Talk - 44 Control of Workplace Noise



I understand that it is my responsibility to wear hearing protection where signage or other factors such as working within 2 metres of others using loud equipment dictates.

I am aware that if my personal protective equipment such as hearing protection is damaged this should be reported immediately.

**By signing this acknowledgement, you are confirming that you attended the toolbox talk, are in possession of a set of earmuffs and understand and agree with the content.**

**Employee to complete in block capitals**

NAME: ..... NUMBER: .....

GARAGE: ..... JOB TITLE: .....

SIGN: ..... DATE: .....

**Copy to File**