


# WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

© SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 42 Vol. 20 Week of 

Company Name \_\_\_\_\_ Job Name \_\_\_\_\_ Date \_\_\_\_\_

## HEARING PROTECTION

Have you ever noticed how quiet it is at the end of the workday? Gone is all that construction noise. Air compressors are shut down, heavy equipment is parked, impact wrenches are disconnected, pumps and generators are turned off. All of these devices, and many others, pollute the air with high noise levels. It's nice to "hear" the quiet again. All this noise can damage your hearing. We must take the necessary steps to protect our ears.

Exposure to high noise levels can do **permanent** damage to your hearing. And it's not just the noise level, prolonged exposure to loud noise can do just as much damage as short exposure to very loud noise. For instance, OSHA's regulations restrict your exposure to two hours in a 100 dBA environment (dBA is a measure of noise). But you can only be in a 115 dBA environment for **15 minutes**. In fact, your employer must use feasible engineering and administrative controls to protect you from noise levels above 90 dBA over an eight hour period.

Sometimes engineering and administrative controls don't work or are not sufficient. In these cases, earplugs, earmuffs, or other types of hearing protection must be used. Since we cannot take you out of the noise, we will keep the noise out of your ears. Earplugs are common because they are disposable, or at least semi-disposable. They can be very effective, reducing noise levels by as much as 30 dBA. In order to work safely and correctly, they must be properly fitted. Earmuffs, which cover the entire ear, can reduce noise by up to 25 dBA. As with any type of PPE, always make sure that your hearing protection is clean and working properly.

The bottom line is that you need to protect your hearing. When engineering and administrative controls aren't sufficient, you will be required to wear hearing protection. Make sure that it fits properly and that you are using it according to the manufacturers' instructions — and most importantly, make sure that you **wear it!**

The OSHA standard covering hearing protection for construction workers is 29 CFR 1926.101. You may also want to check 1926.52 for information on restrictions and time limits for occupational exposure to noise.

### SAFETY REMINDER

**Hearing loss is irreversible.  
Always use protection  
around excessive noise.**

Special Topics For Your Project \_\_\_\_\_

Employee Safety Recommendations \_\_\_\_\_

Reviewed MSDS # \_\_\_\_\_ Subject \_\_\_\_\_

Meeting Attended By \_\_\_\_\_

Supervisor's Signature \_\_\_\_\_

These instructions do not supersede local, state, or federal regulations.