

## SAFETY TOOL BOX MEETING

### NO 9 - NOISE

Excessive noise from plant and tools on site can cause, over a period of time, progressive and irreversible loss of hearing, before this permanent loss, rushing or ringing noises in the ear can be a constant source of annoyance. This is called "TINNITUS".

If you work in areas where you need to struggle to be heard then you require hearing protection. This can be either earplugs or earmuffs. These give good protection if some simple rules are observed.

1. Wear ear protectors at all times if exposed to a noise hazard. Check the notice boards.
2. Do not use cotton wool for ear protection; it is not effective.
3. Make sure that ear plugs are a good fit in each ear and are properly inserted.
4. Regularly cleanse re-usable earplugs to the manufacturers' instructions.
5. Use disposable earplugs once only.
6. Hands should be clean when handling all types of earplugs.
7. Earmuffs should be a good fit to the head all around the seal.
8. Ensure that ear muffs are worn the correct way around.
9. See that muff seals are always in a serviceable condition
10. Do not alter the pressure of ear muffs by bending the head band

If you work with compressed air tools ensure that:-

- a. Mufflers are fitted, where possible, to tool.
- b. Airlines do not leak - this can cause unnecessary noise.
- c. Compressor access covers are kept shut.

Radios can increase the general level of noise and can cause annoyance, if these are allowed on site consider others.

Remember: There is no satisfactory treatment for noise induced hearing loss so:-

PROTECT YOUR HEARING

I have given the above talk to all men under my control.

Signed:

Company  
Rev 1

Date 24-01-07