



120 dB: Underground drilling



140 dB: Jackhammer



110 dB: Mill



110 dB: Haulage truck



140 dB: Jet plane taking off

# PROTECT

## At work and home

**3 dB increase  
= doubling of  
sound energy**

### What are the signs of hearing injury?

- ✦ Sounds or speech seem muffled
- ✦ Difficulty telling words apart or picking out a voice in a crowd
- ✦ Distorted sense of loudness or hypersensitivity to sounds—sufferers may ask people to speak up, then complain that the person is shouting
- ✦ Ringing in the ears (tinnitus)
- ✦ Needing to excessively increase the volume of a television, radio or portable sound device in order to hear them
- ✦ Difficulty hearing properly on the telephone
- ✦ Difficulty hearing and understanding when children speak

### How do I know when it is too noisy?

If you must shout or raise your voice to be heard by a workmate one metre away, it is likely that your workplace noise levels are high and potentially dangerous. Typical noise readings for some common activities are shown.

Ask whether your workplace has done a noise survey and what the results were. Also, find out whether a survey was done following implementation of the noise action plan to determine the effectiveness of noise control measures.



120 dB: Surface drilling



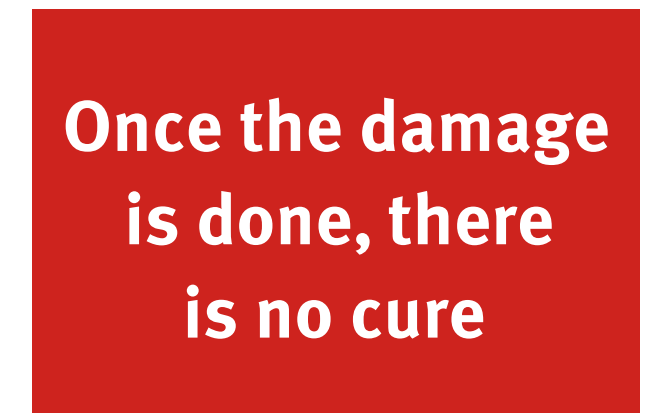
60 dB: Normal conversation



110 dB: Angle grinder



110 dB: Maximum volume for MP3 players



110 dB: Chain saw

### What you can do everywhere

- ✦ Turn down the volume, particularly if you are wearing earphones or earbuds
- ✦ Noisy work at home or when out and about is just like noisy work at work, so protect your hearing the same way
- ✦ Get your hearing tested if you suspect you have a hearing problem

### What you can do at work

- ✦ Use the noise control equipment provided and ensure it works
- ✦ Use hearing protection, such as earmuffs, earplugs, or both, and ensure it is adequate
- ✦ Put on your hearing protection before entering noisy areas
- ✦ Don't remove your hearing protection to talk in noisy areas
- ✦ Minimise the time you are exposed to noise
- ✦ Look after your earmuffs as damaged protectors won't work properly
- ✦ Insert earplugs correctly
- ✦ Don't re-use earplugs as this may cause ear infections
- ✦ Report any problems with hearing protectors or noise control equipment to your supervisor
- ✦ Ensure you are not exposed to ototoxins (i.e. 'ear poisons' such as solvents and lead)

Content provided by the Government of Western Australia, Department of Mines and Petroleum

For further mine safety and health information please use the following.

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