Toolbox KITS

NOISE AND HEARING PROTECTION TRAINING

Noise and hearing protection training

Standards: 29 CFR 1910.95 (general industry), 29 CFR 1926.52 and 1926.101 (construction)

About 45 minutes, with a 10-question quiz

39 slides | About 45 minutes | 10-question quiz | English + Spanish

SAMPLE

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MODULE 1

The hazard: how noise damages your hearing

1

Sound travels down the ear canal and makes the eardrum vibrate. Tiny bones pass the vibration on to the inner ear.

2

In the inner ear, tiny hair cells turn that vibration into signals your brain hears as sound.

3

Loud noise wears out and kills those hair cells. They do not grow back, so the hearing loss is permanent.

4

The damage usually builds up slowly and does not hurt, so many people do not notice it until it is done.

5

One very loud blast close to your ear, like a gunshot or a powder-actuated tool, can cause damage right away.

6

Noise can also cause ringing in the ears (tinnitus) that may never go away. Hearing aids help, but they cannot make your hearing like new.

SAMPLE

Toolbox KITS

Crew handout

Noise and hearing protection: crew handout

29 CFR 1926.52, 1910.95, 1926.101

Do

- Protect your ears when you have to raise your voice to be heard at arm's length
- Make the work quieter first: move generators, keep mufflers on and put up barriers
- Roll, pull and hold foam earplugs so they sit deep and seal
- Keep earmuff cushions clear of hair, hats, hoods and glasses arms
- Keep protection on the whole time you are in the noise
- Wash reusable plugs, and replace worn plugs, cushions and muffs
- Take the hearing tests offered to you, and keep the night before quiet
- Report ringing or muffled hearing after work to your supervisor

Don't

- Wear muffs around your neck or plugs halfway in
- Take protection off in the noise to talk or listen to the radio
- Stuff cotton, tissue or paper towel in your ears
- Use music earbuds as hearing protection
- Push in foam plugs with dirty hands or without rolling them
- Assume you are used to the noise

SAMPLE

Remember **Quieter first, fit it right, and keep it on until you are out of the noise.**

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