

CONSTRUCTION NOISE

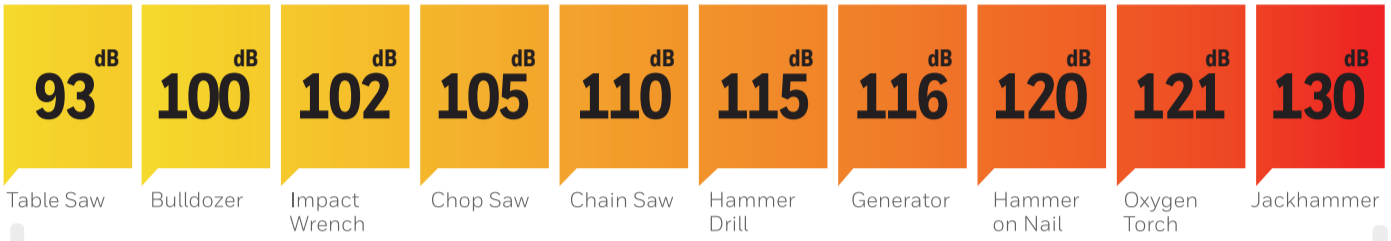
KNOW THE RISKS AND HOW TO PROTECT WORKERS



CONSTRUCTION WORKERS EXPERIENCE THE SECOND HIGHEST RATE OF OCCUPATIONAL EXPOSURE TO NOISE HAZARDS

- Construction sites are noisy no matter what precautions are taken
- The jobs conducted and tools used vary within a shift or project – so do the noise hazards
- Impact-noise exposures are plentiful
- It's challenging to train and fit a part-time or transient workforce with hearing protection
- Site managers are often responsible for mandating hearing protection

COMMON CONSTRUCTION NOISE HAZARDS



CFR 1926.101: OSHA's regulation for hearing protection in construction. It states that wherever noise levels or duration of exposures exceed 85 dBA in an 8-hour time-weighted average, ear-protective devices shall be provided and used. Ear-protective devices inserted in the ear shall be fitted or determined individually by competent persons.

Yet, more than 31% of noise-exposed construction workers report not wearing protective devices

| CAUSES | EFFECTS |
|--|---|
| Continuous exposure to sounds \geq 85 decibels | Leads to temporary or permanent hearing loss |
| | Tinnitus (ringing in the ears) |
| 1-time impulse or impact noise exposure | Limits ability to understand speech |
| | Impairs ability to communicate |
| | Reduces productivity |
| | Leads to social isolation and withdrawal |
| | Increases risk of hypertension and high cholesterol |

EXPOSURE RATES AND EFFECTS:



DURATION OF EXPOSURE AND PROXIMITY TO THE SOURCE ARE KEY FACTORS THAT IMPACT THE EFFECT OF NOISE ON HEARING

Noise Induced Hearing Loss is fully preventable, here is how:

TIPS FOR PROTECTING CONSTRUCTION WORKERS' HEARING:

- Be mindful** of communication needs among workers and provide them with comfortable, convenient and compatible hearing protection solutions
- Educate teams** on site-specific noise hazards, invite safety specialists to speak on hearing protection, and encourage compliance through positive incentives
- Hold free training** classes on hearing protection and how to achieve a reliable, comfortable fit and encourage peer-to-peer support for using protective devices

VARIOUS TYPES OF PROTECTION DESIGNED FOR SPECIFIC CONDITIONS:

| | |
|---|---|
| | |
| Disposable Foam Earplugs – for comfort and greater protection | Push-in foam earplugs – for ease of insertion and comfort |
| | |
| Reusable earplugs – for ease of insertion and reuse | Banded earplugs – for lower-level intermittent noise |
| | |
| Passive Earmuffs | Electronic earmuffs – for communication or impact noise |

Optional: Custom molded earplugs – for difficult-to-fit workers