



# SAFETY TALK

## Hearing protection

In the heavy construction industry, workers can be exposed to noise levels that can damage their hearing.

### What's the danger

Hearing loss prevents you from hearing hazards on the job. It also causes problems in your personal life.

- It interferes with how you hear normal speech
- It prevents you from socializing
- It is permanent

### How to protect yourself

Hearing loss is preventable. The best prevention is hearing protection.

- Limit the time in loud workplace environments or rotate tasks
- Review your workplace hearing conservation policy to know in what situations to wear hearing protectors. Employers are responsible for providing devices to protect hearing
- To monitor the effectiveness of hearing protection, workers must have their hearing tested every year.

### Demonstrate

Show two types of hearing protectors:

- Ear plugs
- Ear muffs

Show how to insert ear plugs:



Reach one hand around back of head, pull ear upwards to straighten S-shaped ear canal, then insert plug with other hand according to the manufacturer's instructions.

Hearing protection is most effective when worn correctly.

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: \_\_\_\_\_

Performed by: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Location: \_\_\_\_\_

Concerns:

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Employee Name:

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Corrective Actions:

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Employee Signature:

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