

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

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Job Name _____

Date _____

LISTEN TO WARNINGS ABOUT HEARING SAFETY

Although we don't think about it often, many activities in our lives are made possible and more pleasant by the sounds that accompany them. Think about what your world might be like if you lost your hearing. You wouldn't hear your children calling for you. You couldn't listen to your favorite song on the radio, or hear the crowd cheering for your favorite sports team. You would miss out on a lot.

Hearing loss can also make it difficult for you to earn a living. You can't work safely on a construction site if you don't hear warning signals or if you can't understand what your co-worker is trying to tell you from a distance.

Unfortunately, noise-induced hearing loss is too common among construction workers. According to the National Institute for Occupational Safety and Health, by the age of 25, the average carpenter's hearing is the same as that of an otherwise healthy 50-year-old worker who has not been exposed to noise.

Construction work is noisy. Heavy equipment is in motion. Generators and air compressors are running. Workers around you are using drills and circular saws. You may be using a jackhammer or pavement breaker. All of this equipment and activity produces high levels of noise.

Fortunately, hearing loss is preventable. Although OSHA regulations require a hearing conservation program when the noise level exceeds 90 decibels (dB) over an 8-hour day, you should still do everything you can to prevent hearing loss *at all times*. Because the damage can be gradual and cumulative, most construction workers suffer hearing loss after 15 to 20 years on the job. Take responsibility for protecting your hearing.

There are three ways to protect your hearing:

1. Engineering controls include enclosing high-noise areas, installing sound-dampening devices, or using equipment designed to produce less noise.
2. Administrative controls involve operating noisy equipment and machinery on shifts, or rotating workers out of noisy areas for part of a shift.
3. Personal protective equipment is hearing protection such as earplugs, canal caps, or earmuffs designed to reduce the level of sound entering the ear.

Off-the-job activities can also be noisy. Boating, rock concerts, hunting, and sporting events produce lots of noise. Loud music in your car or on your iPod can also impact your hearing. Talk to your family about hearing protection and make them aware of the hazards of noise.

Hearing loss is preventable, but not reversible.

SAFETY REMINDER

Protect your hearing today so you can enjoy a fulfilling life for years to come.

Special Topics For Your Project _____

Employee Safety Recommendations _____

S.A.F.E. Cards® planned for this week _____

Reviewed MSDS # _____

Subject _____

Meeting Attended By _____

Supervisor's Signature _____

These instructions do not supersede local, state, or federal regulations.