



Toolbox Safety Talks

Hearing Protection

- 1) What are the hazards involved with loud noise?
 - a. Loss or reduced hearing

- 2) What noise hazards should be noticed?
 - a. Machinery or equipment
 - b. Ability to talk to coworkers
 - c. Proper hearing protection
 - d. Proper use of hearing protection

- 3) What safe practices should you be aware of?
 - a. Always wear earplugs when exposed to noise for periods of time
 - b. Reduce exposure to noise outside of the workplace
 - c. Use sound-absorbing materials
 - d. Do not use several noisy machines at once
 - e. Do not drown out unwanted noise with other sounds
 - f. If at risk for hearing loss, have your hearing tested once a year
 - g. Determining the proper hearing protection depends on a number of factors, including:
 - i. The loudness of noise as measured in decibels
 - ii. The duration of your exposure to noise
 - iii. Movement between work areas with different noise levels
 - iv. Whether noise is generated from one or multiple sources

Rule of thumb: If you have to raise your voice to be heard clearly, you should be wearing hearing protection!

- 4) Which of our equipment or machines must you wear hearing protection around?
- 5) Do we need to reevaluate any of our equipment or machines noise levels?
- 6) Is there a way to eliminate noise exposure here at our site?
- 7) Does anyone here have any problems with their hearing?
- 8) Can someone demonstrate and explain the proper way to insert an earplug?



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Date Presented: _____

Presented By: _____

Attendance Sheet



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