

Now Hear This!

Too much noise can cause permanent hearing loss. It develops gradually and without pain, but noise-induced hearing loss cannot be reversed.

You can halt it, though, if you protect your ears from further exposure. If your hearing is starting to fade, do something about it now so it does not get worse. And if your hearing hasn't been damaged, keep it that way.

Two types of noise damage the hearing. One is a sudden loud noise, such as an explosion or a gunshot. Permanent hearing loss can happen instantly.

More common, though, is gradual damage from noise. Conveyors, air tools and heavy equipment are among the countless sources of workplace noise.

If the noise problem can't be corrected by measures such as sound insulation and machinery maintenance, then you have to wear hearing protection. The protection you choose will depend on your work situation. You may need disposable foam earplugs or molded plastic canal caps. Or earmuffs may be required.

Regular hearing tests are usually provided for people who work in noisy environments. A baseline test is done first, then subsequent tests later to see if your hearing has deteriorated since the baseline test.

There is no substitute for a real hearing test, but take this quiz to learn if your hearing is in jeopardy:

- Does it seem as though everyone mumbles, and you often must ask people to repeat themselves?
- Do you often misunderstand what others say?
- Do you have trouble picking out sounds from a noisy background? For example, is it hard to follow what one person is saying in a room where others are talking?
- Do others complain that you play the television or talk too loudly?
- Is it harder for you to hear things when you first leave work, with your hearing returning to normal a few hours later?
- Is it difficult for you to hear on the telephone?
- Do you have trouble hearing certain tones, such as high notes in music or a high-pitched voice?
- Do you get confused about where a sound is coming from?

If you answered yes to any of these questions, you might be developing hearing loss. Hearing protection will help prevent further damage.

But hearing protection only works if you use it. The inconvenience of wearing earplugs or earmuffs temporarily is nothing compared to the inability to hear for the rest of your life.

QUIZ

1. Noise-induced hearing loss is reversible.
 - ☐ True
 - ☐ False
2. Permanent hearing loss can only happen instantly.
 - ☐ True
 - ☐ False
3. Even if your hearing is starting to fade, you can protect your ears from further damage.
 - ☐ True
 - ☐ False
4. Many sources of workplace noise contribute to gradual, but permanent hearing loss.
 - ☐ True
 - ☐ False
5. Which of the following is a measure that can be taken to reduce workplace noises?
 - a. sound insulation
 - b. machinery maintenance
 - c. both a and b
6. Three types of available hearing protection include: disposable foam earplugs, molded plastic canal caps and _____.
7. Which hearing test is conducted first to measure subsequent deterioration?
 - a. Baseline
 - b. frontline
 - c. clothesline
8. Difficulty picking out sounds from a noisy background is a sign of possible hearing damage.
 - ☐ True
 - ☐ False
9. If you ace this quiz, there's no need to get a hearing test.
 - ☐ True
 - ☐ False
10. The inconvenience of hearing protection is temporary, but hearing loss is _____.

AFTER THE TALK- CHECKLIST

- ### PROVIDED FOLLOW-UP TO WORKERS THAT DID

NAME: _____

DATE: _____

TASK(S): _____

DATE: _____

TOPIC(S): _____

DATE: _____

OTHER (DESCRIBE): _____

MEETING DATE: _____

LOCATION: _____

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- False
- False
- True
- True
- c
- earmuffs
- a
- True
- False
- permanen

ATTENDANCE

[illegible]

INSTRUCTOR: _____ **DATE:** _____

SAFETY TALK: _____