

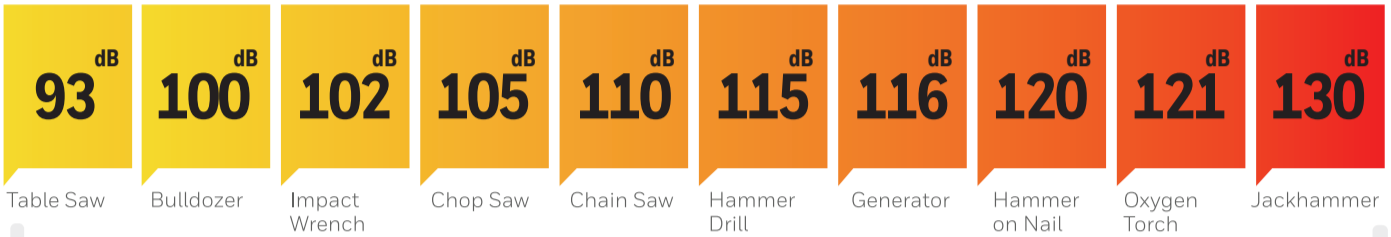
## CONSTRUCTION NOISE

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



Over a working day, periods of a few minutes of unprotected exposure can easily accumulate. An example of reduced effective protection is removing your hearing protector for 10 minutes during a total exposure time of 1 hour. The effective protection provided by a high attenuating hearing protector (30dB) is reduced to 8dB. This makes the effective protective value 22dB less than expected, by wearing the hearing protector 83% of the time over 1 hour. **It is vital that every effort is made for 100% wear time.**

CAUSES	EFFECTS
Continuous exposure to sounds $\geq$ 85 decibels	Leads to temporary or permanent hearing loss
1-time impulse or impact noise exposure	Tinnitus (ringing in the ears)
	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:



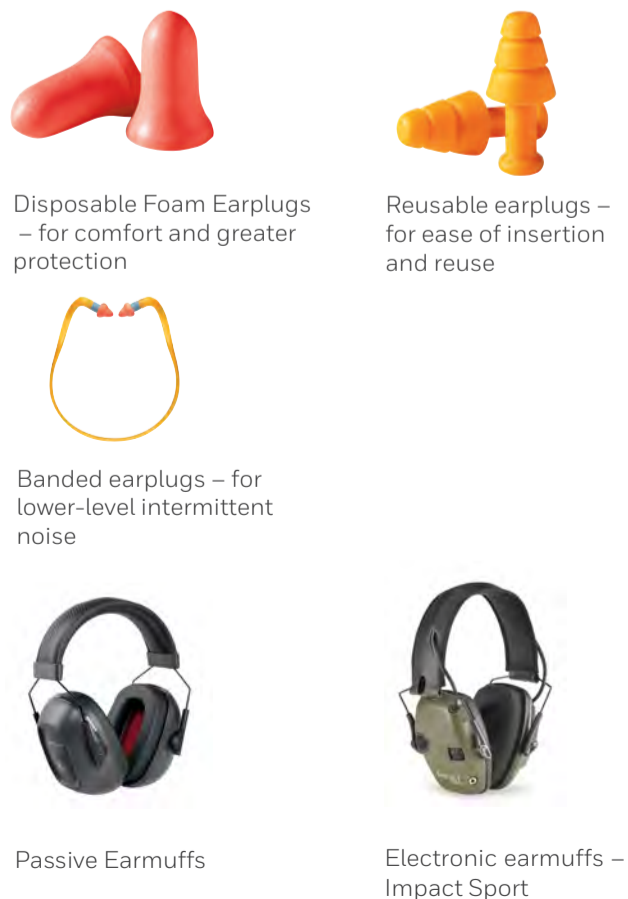
DURATION OF EXPOSURE AND PROXIMITY TO THE SOURCE ARE KEY FACTORS THAT IMPACT THE EFFECT OF NOISE ON HEARING

### 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:



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