

# Hearing Safety

Instructor Guide

## Safety Talk Overview:

**What & Why?** Safety Talks are a method to refresh an employee’s knowledge and skills, maintain their interest in safety and illustrate the organization’s commitment to creating a healthy & safe work environment.

**Who & When?** Generally, these Safety Talk meetings are led by a supervisor, member of the JHSC, or Worker H&S Representative and should be mandatory for all crew members to attend. The content should be focused on a single topic. Safety Talks can be performed on a weekly basis or before the start of a new scope of work and should be about 15 minutes in duration.

go2HR developed this safety talk template for employers to customize and use for any topic in their organization. The Participant Handout should include information that you hope the worker will retain from the safety talk content and should be handed out during the safety talk for workers to reference later. Feel free to use it at your discretion.

**Hearing Safety Overview**

Exposure to excessive noise, if not eliminated or controlled properly, can cause permanent hearing loss. Examples of occupations working with hazardous noise levels at ski areas include lift operators/maintenance, snow makers, truck drivers, mobile equipment operators, carpenters, maintenance personnel, and individuals working in a shop. Be aware that noise-induced hearing loss is 100% preventable. However, once hearing is lost, it is permanent and irreversible. Exposure to noise can have adverse effects such as reducing productivity; creating stress; interfering with communications; and making it difficult to hear equipment or warning signals.

**Safety Talk Outline (using the handout below):**

- Preventative Measures

- Discussion Questions

**Additional Resources:**

- [go2HR Ski Areas](https://www.go2hr.ca/health-safety/ski-areas)

-[WorkSafeBC Noise](https://www.worksafebc.com/en/health-safety/hazards-exposures/noise)

## Topic Overview:

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## Safety Talk Facilitator Guidance

🞏 **Introduce** the topic and why it’s important

🞏 **Discuss** the associated hazards and likely incidents

🞏 **Tour** the work zone identifying hazardous areas

🞏 **Distribute** the Participant Handout

🞏 **Use** the info above to guide the discussion

🞏 **Document** the talk using the Safety Talk Record

🞏 **Explain** what controls are used to minimize the risks

🞏 **Remind** employees about applicable PPE usage

🞏 **Emphasize** the importance of safe work procedures

🞏 **Ask questions** to generate group discussion

🞏 **Answer any questions** or concerns they might have

🞏 **Set a good example** by working safely at all time

# hearing safety

Safety Talk Record

|  |  |
| --- | --- |
| **Discussion Leader:** | **Date:** |
| **Department:** | Time: |

### Attendees (Please print your name and sign beside it. If you are a contractor, also include your company name):

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### Near miss/incidents and investigations reviewed: ☐ None this month

### Any questions or concerns from workers?

|  |  |  |  |
| --- | --- | --- | --- |
| **Action needed:** | **Person responsible:** | **Due date:** | **Completed date:** |
|  |  |  |  |
|  |  |  |  |

|  |  |
| --- | --- |
| **Supervisor/Manager print name & sign:** | **Date:** |

### Reviewed by:

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**Preventative Measures**

**Noise Level Assessment**

-Rule of thumb: If conversation requires shouting, noise levels may exceed 85 dBA, necessitating protection

**Selection of Hearing Protection Devices (HPD)**

Select HPDs based on:

-Noise exposure

-Communication demands

-Hearing ability

-Use of personal protective devices

-Temperature and climate

-Physical characteristics of the job or worker

**Proper Insertion of Foam Earplugs**

1. Roll and compress the entire earplug into a thin cylinder using clean hands

2. Pull back and up on the outer part of the ear to facilitate insertion

3. Insert the earplug into the ear canal, holding it in place until it expands and effectively blocks noise

**Noise Management Strategies**

-Schedule noisy machines during times when fewer employees are present

-Apply vibration-absorbing materials onto walls to minimize noise transmission

**Understanding Hearing Protection Options**

-Ear Plugs: Inserted to block the ear canal

-Semi-insert Plugs: Two ear plugs held over the ends of the ear canal by a rigid headband

-Ear Muffs: Sound diminishing cushions that fit around the ear and are held in place with a headband

**Recognizing When Hearing Protection is Necessary**

Wear hearing protection when:

-Shouting is required to be heard

-Ears are roaring or ringing at the end of the workday

-Speech or music sounds muffled after work but clear in the morning

**Mandatory Participation in Annual Hearing Tests**

-Participate in annual hearing tests as required by WorkSafeBC

**Discussion**

-Discuss some areas in the workplace where hearing protection should be worn

-Which type of hearing protection is most suitable for each of the areas you just discussed?

Participant Handout

### For more information on this topic or if you have questions, contact: