

Noise

Consider not being able to hear your family, music, warnings – worse still, consider hearing a noise constantly, ringing or buzzing, even when you are asleep.

It's a distressing thought, especially when you consider it's permanent.

This could be you if you don't look after your hearing.

- Noisy equipment is all around us – compressors, breakers, saws, generators, rollers, excavators.
- The best way to avoid damage to your hearing is avoid, or minimise your exposure to excessive noise.
- If possible, don't work next to noisy equipment, or next to others using noisy tools.
- If you are using noisy equipment, ensure it's well maintained, bits sharp, etc. A loose guard or damaged silencer can generate a lot of unnecessary noise.
- Use equipment properly and don't leave running longer than necessary.
- Where ear protection zones have been established, they will be signed with a blue sign indicating ear defenders.
- Blue means mandatory – must be worn – by everybody in the zone, not just those using the equipment.
- Where your method statement details the need for ear protection, the types are:-
 - Ear Plugs: only work if actually worn. Ensure they are correctly inserted and a good fit. Ensure re-usable plugs are clean, only use disposable plugs once. Clean your hands before inserting the plugs.
 - Ear Muffs: only work if worn, no protection on your helmet!

Need a good all-round seal – a problem if you wear glasses. Don't alter the pressure of the ear muffs by bending the head band.
- Also think of other situations where you could be damaging your hearing – at home, nightclubs, the radio in your car/van.

Remember:

Look after your hearing – when it's gone, it's gone

Further Information: CIP Manual, Section 32