

Hearing Conservation

What is occupational noise exposure?

- + Noise, or unwanted sound, one of the most pervasive occupational health problems.
- + Exposure to high levels of noise causes hearing loss and may cause other harmful health effects.

Hearing Conservation program requirements.

- + Monitor occupational noise exposure levels.
- + Identify employees exposed to noise at or above 85 decibels (dB) averaged over 8 working hours, or an 8-hour time-weighted average.

Protect yourself!

- + Wear the appropriate hearing protection.
- + Train annually on proper selection, fit and care for hearing protection.

		140 dB	Fireworks **
4	Jet engine	140 05	140 dB
	130 dB	130 dB	N.
	130 dB	120 dB	Police siren
8	Trombone	120 dB	120 dB
	110 dB	110 dB	
		100 dB	Helicopter 🚇
	Hairdryer	100 dB	100 dB
•	90 dB	90 dB	<u> </u>
	30 db		Truck
		80 dB	80 dB
•	Car	70 dB	
	70 dB		Conversation 📒
	Moderate rainfall	60 dB	60 dB
	50 dB	50 dB	
		40 dB	Refrigerator
	Whispering	40 db	40 dB
9	30 dB	30 dB	Rustling 💊
	55 db	00.40	leaves
_90		20 dB	20 dB
=	Breathing	10 dB	
	10 dB		



RESOURCES:

- * Occupational Noise Exposure Hearing Conservation Program | Occupational Safety and Health Administration
- * Hearing Conservation | HHS.gov https://www.hhs.gov/about/agencies/asa/foh/chs/hearing-conservation/index.html
- * OSHA Quick Takes https://www.osha.gov/es/quicktakes
- * Naval Safety Command https://navalsafetycommand.navy.mil/

