



SAFETY GRAM

MCI WEST SAFETY PRESS



Hearing Conservation

What is occupational noise exposure?

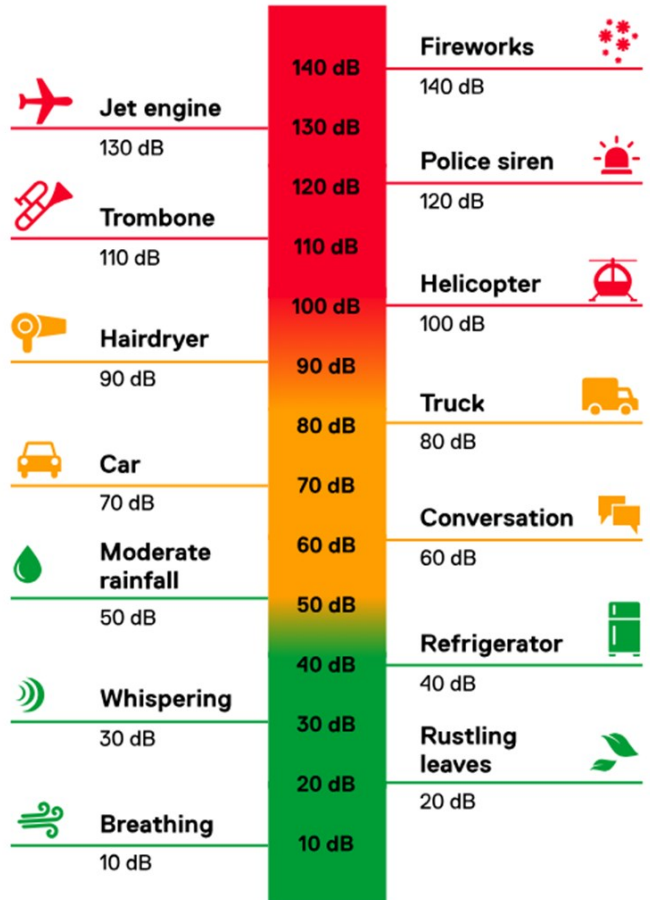
- + Noise, or unwanted sound, one of the most pervasive occupational health problems.
- + Exposure to high levels of noise causes hearing loss and may cause other harmful health effects.

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.



RESOURCES:

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

