

# Can You Hear Me Now?

## Occupational Hearing Loss CAN be prevented!

**According to the CDC, logging & forestry work had the highest prevalence of hearing loss (36%).  
74% of those workers reported NOT wearing hearing protection.**

*Ensure you consistently wear properly-fitted hearing protection every time you are in a noisy areas, or around noisy equipment.*

Hearing loss is common, especially among workers who are exposed to hazardous noise where they work. What exactly is “hazardous noise”? Noise is considered hazardous when it reaches 85 decibels (dBA) or more. For example, when a person needs to raise his/her voice to speak with someone at arm’s length or about 3 ft away, a person is likely being exposed to noise that can potentially damage his/her hearing over time, also known as occupational hearing loss.

Hearing loss is almost always preventable so...

- 1) Let your employer know of if your hearing protection is wearing out or no longer in working order.
- 2) Ask for training if you don’t know how to properly use the equipment or when to use it.
- 3) Each employee can react differently to the use of such devices, so a successful program should respond to individual needs. If you experience hearing loss it is your responsibility to let your supervisor know.
- 4) Supervisors, demonstrate your commitment by modeling the use of hearing protections in appropriate situations. Provide the personnel and facilities to train employees in the proper and optimum use and care of hearing, protection devices, and to enforce the use of hearing protectors.
- 5) Encourage employees to ask questions and help them solve any problems that may arise.
- 6) Perform periodic on-site checks of the condition and performance of hearing protectors including availability of replacement devices as well as component elements that tend to deteriorate with use (such as earmuff cushions).
- 7) Employees must take responsibility for being fully informed about the need for hearing protection, wearing their hearing protectors correctly at all times, seeking replacements as necessary.



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Toolbox Talks are provided as a courtesy to SWPA members.  
Please remember they are to assist you in developing a safety plan.  
Keep in mind OSHA, Department of Labor and Insurance requirements  
may change over time and it is your responsibility to make sure your safety  
plan is up to date. Reference: CDC, NIOSH, FRA, OSHA

