On the job, too much noise can distract you. You may not hear warnings. Noise damages the nerves in your inner ears. Those nerves cannot be repaired. You might not be able to understand what people are saying. If you are exposed to too much noise, you can lose your hearing—and possibly your life.

Richard’s Story
Richard worked on a 16-month road job, jackhammering concrete. The daily noise was so loud that he could not hear the people speak around him. Since the supervisor did not wear hearing protection, Richard did not think he needed to. After the job ended, he began to have ringing in his ears. He had his hearing tested and found that he had a partial hearing loss.

Have you or someone you know worked in a high-noise work area without wearing any kind of hearing protection? Why wasn’t hearing protection used?
What actions should have been taken to prevent this hearing loss?

How can we stay safe today?
What will we do at the worksite to reduce noise exposure and protect us from hearing loss?

1. 

2. 

OSHA Regulation: 1926.52
Noise and Hearing Protection

Below are types of hearing protection when working in high-noise work areas.

- Be aware of high-noise areas. Look for signs, measure the noise level, or use the shout test.
- Wear hearing protection in high-noise areas.
- If possible, move away from noise-generating equipment or move the equipment away from your work area.
- Don’t spend any more time than necessary around loud noises.