

KEYWORDS: EARPLUGS; EAR MUFFS; NOISE;

10-15 MINUTES

Topic: Earplugs



IDEAS FOR YOUR TALK:

- People remember facts better when they're interactive and visual.
- People remember stories better than raw facts: think of a personal story that you can share.
- YouTube is another good source of information and offers many safety videos and demonstrations. Select only videos that are high-quality.

Explain dangers:

The noise generated inside a drum while chipping concrete is so loud that double hearing protection is almost always required.

Some of the health effects associated with long-term noise exposure include:

- Permanent hearing loss
- Tinnitus (ringing in the ears)
- High blood pressure
- Tiredness
- Stress and anxiety
- Risk of heart disease
- Irritability

Demonstrate:

Demonstrate to your crew how to properly fit earplugs and earmuffs.

- Earplugs must be properly inserted all the way into your ear. The amount of protection it provides you depends on how well it is inserted.
- For ear muffs, the headband should have good tension against the side of your head. There should be no gaps between the ear muff cushion and the sides of your head.

1. SUGGESTED ENGAGEMENT QUESTIONS:

- Who can't hear me?
- What is the main risk involved in not using Earplugs?
- Has anyone heard of a hearing loss?

2. TALKING POINTS:

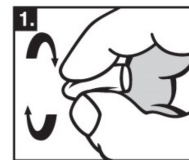
Hearing loss is permanent and irreversible, but it can be prevented. Follow some of these simple steps to reduce your risk while chipping concrete from drums:

- Always follow the manufacturer's instructions for fitting and cleaning your hearing protection.
- In addition to the required personal protective equipment (PPE), wear earplugs and earmuffs together as the noise level is typically very high.
- Pick the type of earplugs and earmuffs that feel comfortable for you.
- Always wear your hearing protection when chipping. For example, removing it for 5 minutes out of an 8-hour work shift can reduce the protection factor by 10 decibels!
- Wearing music headphones or

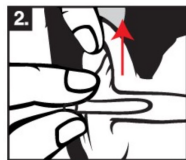
listening to music under your earmuffs is not appropriate. This can actually increase your exposure to noise.

Like any other equipment, you must inspect your hearing protection before each use. Look for:

- earmuff cushions that are no longer pliable
- dirt, cracking, or stiffness.

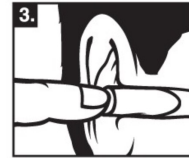


1. With clean hands, roll plug into a tight, crease-free cylinder.



2. With opposite hand, reach over head and pull up and back on outer ear to straighten ear canal.

PROPER FIT ↓



3. Quickly insert earplug well into ear canal and hold in place until it expands for a comfortable, secure fit.



4. **WARNING:** Improper fitting will reduce effectiveness, which could result in hearing loss or injury.

3. CLOSING QUESTIONS:

- Where is the noisiest place on this jobsite?
- Do you have questions on this subject, inspection or safe use?
- Are you aware of a risk on this jobsite that shouldn't be?



Automatically add attendees' signatures below with the SkillSignal Super app.



SKILLSIGNAL™

SkillSignal LLC. All rights reserved.



www.skillsignal.com



info@skillsignal.com