

Hearing protection: it only works once

Noise-induced hearing loss builds up slowly and is permanent. By the time you notice, the damage is done.

Key points

- In B.C. workers must not be exposed to noise above 85 dBA (daily noise exposure level, Lex) or a 140 dBC peak.
- Where noise can't be reduced below the limits, hearing protection is supplied and workers in a posted noise hazard area must wear it.
- Employers with noise over the limits must run a noise control and hearing conservation program, including training and hearing tests.
- Hearing tests are done within 6 months of starting and at least every 12 months after that.
- Hearing protection must fit and be worn the whole time you are in the noisy area. Taking it out briefly cuts the protection a lot.
- Report ringing in your ears or trouble following conversation. They are warning signs.

Ask the crew

- Which areas or tools here are posted as noise hazards?
- Is everyone's hearing protection fitted correctly?
- When is the next round of hearing tests?

Where this comes from

OHS Regulation, ss. 7.2 to 7.9 (noise) (Part 7 Noise, Vibration, Radiation and Temperature)

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-07-noise-vibration-radiation-and-temperature>

Your site's own procedures and the equipment manufacturer's instructions always apply. This sheet is general information, not legal advice.

Sign-off sheet

Date: _____ Location: _____ Presented by: _____

Name (print)	Signature	Date