



WHAT IS EXCESSIVE NOISE?

Excessive noise is noise that exceeds the maximum daily exposure limit. It is the noise that may cause hearing loss because of its intensity, duration and/or frequency distribution or if the noise disturbs cognitive or physiological functions.



WHAT ARE THE NOISE EXPOSURE LIMITS?

Noise exposure at the workplace must not exceed the exposure standard for noise. That means risks to hearing loss, associated with excessive noise must be managed.

The table below demonstrates the combinations of various noise levels and the associated length of time a person without hearing protectors can be exposed before the standard is exceeded.

Equivalent Noise Exposures
 $L_{Aeq,8h} = 85 \text{ dB(A)}$

Noise Level dB(A)

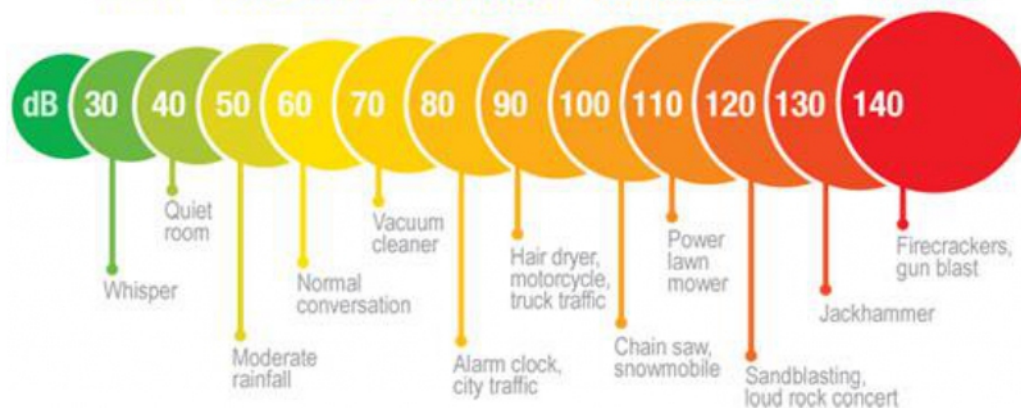
Exposure Time



SAMPLE

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FAINT MODERATE VERY LOUD EXTREMELY LOUD PAINFUL





WHAT ARE THE TEMPORARY EFFECTS OF EXCESSIVE NOISE?

The temporary effects from excessive noise exposure are ringing, buzzing, or roaring sounds in the ears and/or muffled hearing.

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SAMPLE

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- Identify the noise in the workplace
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- Consult with workers
- Assess the risk to health and safety from noise exposure
- Develop a hearing conservation program
- Educate workers on noise exposure
- Provide workers with training and information about noise
- If necessary, provide audiometric testing

HEARING PROTECTION

- Hearing protection can be used to reduce the noise level in the workplace
- It is important to use hearing protection at all times in the workplace
- The correct hearing protection should be used for each task
- There are two different types of hearing protection – earplugs and earmuffs



WHAT ARE MY RESPONSIBILITIES?

- Follow the noise management plan to protect you from the risk associated with excessive noise exposure
- Use hearing protection
- Report any noise-related issues to your supervisor
- Follow any noise-related signage in the workplace



IN SUMMARY



PROTECT YOUR HEARING OR END UP DEAF!