

Safety Brief: Hearing Conservation

General Rules

- Pre-plan for hearing protection based on your work and the work of those around you.
- Have hearing protection available for use immediately as needed
- Use the 2-3-foot rule to determine sound levels when a meter is not available.
 - Stand 2-3' from a coworker.
 - If you must raise your voice to be heard.
 - Assume that the noise is over 85 db
- For extremely loud areas, plugs can be used with earmuffs, but the increased protection only rises by 5 db.