



## SB061: Hearing Protection

Environments with loud machinery, tools, or equipment can harm your hearing even after brief exposure. Always use properly fitted earplugs or earmuffs that match the noise level for effective protection. Taking steps to safeguard your hearing now helps preserve your long-term health and quality of life, both at work and beyond.



### Why It Matters?

Noise-induced hearing loss is one of the most common occupational hazards—and it's permanent. Unlike cuts or bruises, hearing damage can't be reversed. Whether you're exposed to loud machinery, tools, or equipment, protecting your ears is critical to long-term health and safety.

### Key points to Cover:

- Know the noise zones areas with noise levels above 85 decibels require hearing protection. If you need to raise your voice to be heard, you're likely in a high-noise zone
- Use the right protection. Choose earplugs or earmuffs rated for the noise level you're exposed to. Check the Noise Reduction Rating (NRR) and ensure a proper fit
- Inspect before. Used and damaged or dirty hearing protection won't work effectively. Always inspect your gear before each use and replace it if necessary
- Wear it consistently. Even short exposures to loud noise can cause damage. Don't remove your protection "just for a minute"—that's all it takes
- Report Issues If you notice excessive noise, malfunctioning equipment, or missing signage, report it immediately to your supervisor or safety team



### Quick Reminder:

Hearing loss doesn't happen overnight—it builds over time. Protect your ears today so you can hear clearly tomorrow. And remember: your hearing matters off the job too. Whether you're at a concert, using power tools at home, or mowing the lawn—wear protection and stay safe

### Action Items:

- ◆ Make sure hearing protection is available at all designated stations
- ◆ Review and follow posted signage for noise zones
- ◆ Ask your supervisor if you're unsure about which protection to use



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