

# NOISE

Noise-induced hearing loss is the second most self-reported occupational illness or injury. Noise-induced hearing-loss is 100% preventable. However, once acquired, hearing loss is permanent and irreversible.

If you have to shout when you talk to a coworker who is standing next to you, the noise level at your workplace may be hurting your ears.

Wear adequate hearing protection, such as foam ear plugs or ear muffs when you must be in a noisy environment or when using loud equipment.

If you are having symptoms of hearing loss, have your hearing tested by a licensed audiologist, or have your ears examined by an ear doctor.

- Ringing or buzzing in the ears
- Difficulty in understanding speech
- Slight muffling of sounds
- Difficulty understanding speech in noisy places or places with poor acoustics

## OSHA Requirements

Sound is measured in decibels. Eight hours of hearing noise at 85 decibels could hurt your hearing. At higher sound levels, you could lose hearing in even less time. Where noise exposures exceed 85 dBA (eight-hour time-weighted average (TWA) your employer must follow OSHA's 1910.95 Occupational Noise Exposure Standard. Employers must:

- Notify employees
- Provide employees with ear plugs or other ear protection
- Establish and maintain a hearing test program
- To train workers how to prevent occupational hearing loss

## OSHA and Noise

OSHA standards for personal protective equipment may be found at 29 CFR 1910.95.

For links to OSHA standards, click [here](#).

For a link to OSHA's homepage, click [here](#).

Based on information from US Occupational Safety and Health Administration