

# Noise

## Overview

This document covers the hazards, controlling noise and ear protection.

## Hazards

- 1) Compressors, breakers, circular saws, generators, vibrating rollers and excavators, angle grinders and power saws can be harmful to your hearing.
- 2) Even if you are not using the noisy piece of equipment, you could be affected by someone using it close by.
- 3) Look out for noise hazard signs on site and obey them.
- 4) Remember to protect your hearing after work as well (for example, in noisy clubs or when using personal music players).
- 5) A ringing in the ears after being exposed to noise is an early sign of hearing damage.

## Controlling noise

- 1) If shouting is necessary in order to be heard from one metre away, the noise level is high and you should be wearing ear protectors.
- 2) Keep compressor covers closed when in use and ensure breaker mufflers are correctly fitted.
- 3) Don't leave machinery running unnecessarily and try not to expose others to your noise.
- 4) If possible, move the noise source away from the work area or move the work area away from the noise.
- 5) If possible, shield noisy processes; work behind sound-absorbing materials (such as spoil heaps).

## Ear protection

- 1) Generally, earplugs or muff-type hearing protectors will be issued.
- 2) Ensure earplugs are a good fit and correctly inserted by following the pack instructions.
- 3) Regularly clean reusable earplugs.
- 4) Use disposable earplugs for one shift only.
- 5) Clean your hands before touching all types of ear plugs.
- 6) Hearing protectors should fit the head all round the seal.
- 7) Adjust the head or neck band as necessary and wear it in the correct position.
- 8) Ensure hearing protector seals are in good condition; remove and wash them in soapy water regularly.
- 9) Don't alter the pressure of the cups on the ear by bending the headband.
- 10) If you have difficulty in wearing hearing protectors, report it.

## Health and safety

## Summary

## TOOL BOX TALK RECORD

[illegible]

# Noise

Feedback arising from Talk



Trinity  
Safety