

## Tool Box Talk No.31

### Noise



1. Wear ear protectors at all times if exposed to a noise hazard.
2. Do not use cotton wool for ear protection; it is not effective.
3. Ear defenders must be a good fit to the head, in serviceable condition and worn the correct way around.
4. Make sure that ear plugs are a good fit in each ear and are correctly inserted.
5. Regularly cleanse re-usable earplugs to the manufacturer's instructions.
6. Use disposable earplugs once only.
7. Hands should be clean when handling all types of earplugs.
8. DO NOT alter the pressure of ear defenders by bending the headband.
9. If you have difficulty in wearing any type of hearing protector provided, report it.
10. There is no satisfactory treatment for noise induced hearing loss.
11. When working in a noisy work site in a Red Zone, a touch lookout must be employed.

**“SAFE SYSTEM OF WORK, ALWAYS”**