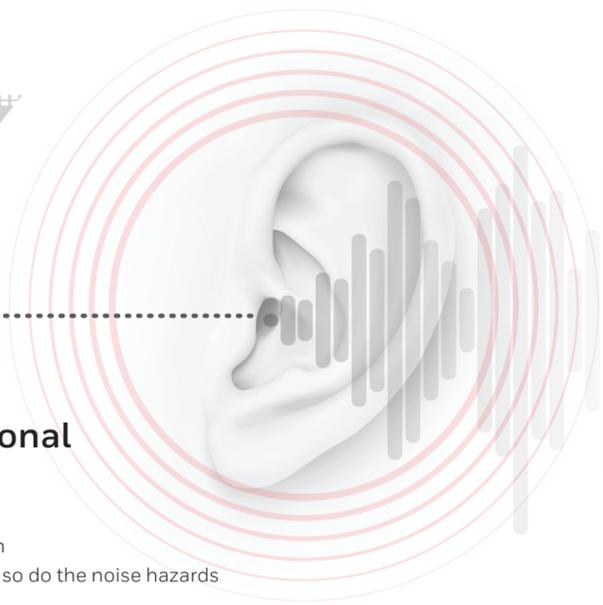
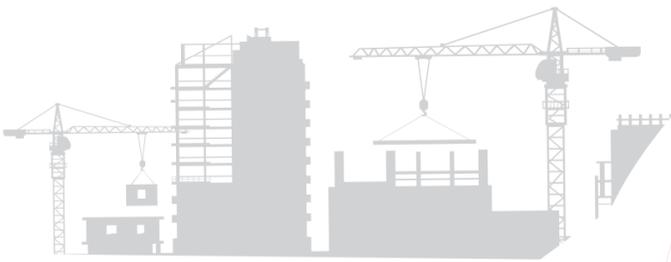


# CONSTRUCTION NOISE

Know the risks and how to protect workers



Construction workers experience the second highest rate of occupational exposure to noise hazards

- Construction sites are noisy no matter what precautions are taken
- The jobs conducted and tools used vary within a shift or project – so do the noise hazards
- Impact-noise exposures are plentiful
- It's challenging to train and fit a part-time or transient workforce with hearing protection
- Site managers are often responsible for mandating hearing protection

## COMMON CONSTRUCTION NOISE HAZARDS



85 dBA



Regular 8-hour exposures to 85 dBA can damage hearing



Repeated exposures of just 1 hr/day to 100 dBA noise can damage hearing

100 dBA



The Control of Noise at Work Regulations 2005 (the 'Noise Regulations') require employers to eliminate or reduce risks to health and safety from noise at work. Depending on the level of risk, an employer should: take action to reduce the noise exposure; and also provide the employees with personal hearing protection. The workers' noise exposure, reduced by an appropriate factor if they are using personal hearing protection, shouldn't exceed 87 decibels for daily or weekly personal noise exposure; and 140 decibels for peak sound pressure. Complying with exposure limits is separate from employers duty to reduce risks from noise to as low as is reasonably practicable.

CAUSES	EFFECTS
Continuous exposure to sounds $\geq$ 85 decibels	Leads to temporary or permanent hearing loss
	Tinnitus (ringing in the ears)
	Limits ability to understand speech
1-time impulse or impact noise exposure	Impairs ability to communicate
	Reduces productivity
	Leads to social isolation and withdrawal
	Increases risk of hypertension and high cholesterol

## EXPOSURE RATES AND EFFECTS

4<sup>th</sup>

highest safety risk in construction industry in the UK is NOISE

#2

noise-induced hearing loss is the second most common reason for employers' liabilities claims for Occupational Health.

25%

increase in the number of noise infringements occurring on construction sites in the UK

35%

estimated percentage of construction workers in the EU with substantial hearing loss

72<sup>to</sup>  
112 dBA

typical average noise equivalent exposures for construction workers in the UK

Duration of exposure and proximity to the source are key factors that impact the effect of noise on hearing.

source: Building Safety Group report ( 2019)  
source: <https://www.hse.gov.uk/treework/health/noise.htm>  
source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6868580/>

## TIPS

Noise-induced Hearing Loss is fully preventable, here is how:



**Fit-Testing** provides an accurate, real-world picture of your employees' hearing protection and identifies comfortable, convenient, and compatible solutions.



**Educate teams** on site-specific noise hazards, invite safety specialists to speak on hearing protection, and encourage compliance through positive incentives.



**Hold free training** classes on hearing protection and how to achieve a reliable, comfortable fit and encourage peer-to-peer support for using protective devices.

## SOLUTIONS



Disposable foam earplugs – for comfort and greater protection



Push-in foam earplugs for ease of insertion and extended use



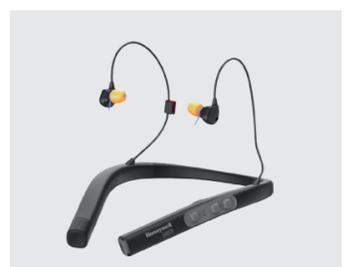
Reusable earplugs – for ease of insertion and extended use



Banded earplugs – for lower-level and intermittent noise



Passive Earmuffs – Dielectric or steel-banded; withstands oily, heavy-work environments and frequent cleaning



Smart Hearing Solution – Next Generation Hearing Loss Prevention

Optional: Custom molded earplugs – for difficult-to-fit workers

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