## Noise-Induced Hearing Loss (NIHL)

#### Signs and symptoms



- Muffled hearing
- Ringing of the ears (tinnitus)
- Difficulty hearing during regular conversation
- Turning up TV volume

### How to wear foam earplugs

- According to National Institute for Occupational Safety and Health (NIOSH)



The ear plug until it's compressed into a very thin crease-free cylinder.





**PULL** 

The top of your ear back with the opposite hand (straighten out ear canal). Rolled ear plug should slide in easily.



The ear plug in place with your finger. Count to 20 while you wait for the ear plug to expand and fill your ear canal. Muffled speech means good seal.



#### How does hearing protection help?

Core cutting (CC) without hearing protection 102 dBA CC using cap mounted ear muffs

89 dBA

CC using foam ear plugs

89 dBA

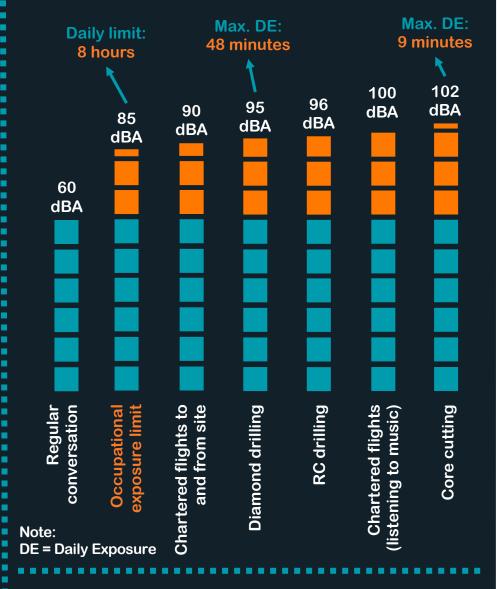
CC using dual hearing protection

80 dBA

# Max. DE: 9 minutes Max. DE:

>8 hours

#### Common noise levels experienced in exploration



#### Effective approaches to control sources of noise in the workplace

Most **Effective** 



**ELIMINATION** Eliminate the source of noise.



**SUBSTITUTION** Substitute equipment/tool for ones with lower noise.



**ENGINEERING** Isolate noise source from worker (i.e. sound barrier). Proper equipment maintenance to reduce excess noise.



**ADMINISTRATIVE** Educate workers about consequences of NIHL. Post warning signs in high noise areas.



PPE Utilize hearing protective devices.







Least