2016 Fall Conference

Your Hearing Conservation Program

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Components of A Hearing Conservation Program

“Blindness separates you from things, deafness separates you from people.”

-Helen Keller
Noise Level Evaluation
Audiometric Testing
Hearing Protection
Record Keeping
Training
Written Program
Noise Level Evaluation

HOW LOUD IS IT ???

![Decibel Levels Chart]

- **PAIN THRESHOLD**: 140 dB (jet engine at takeoff)
- 130 dB (jackhammer)
- 120 dB (sandblasting)
- 110 dB (bulldozer)
- 100 dB (chainsaw)
- 90 dB (truck traffic)
- 85 dB (beginning of OSHA regulations)
- 80 dB
- 70 dB (speaking voice)
Noise Level Evaluation

- Personal Sampling by Dosimetry (TWA)
- 80 / 90 dBA Criterion Level
- Engineering / Administrative Controls
- Formal Documentation
- Updating Your NLS… When?
- 5 dB Doubling Effect
# 5 dB Doubling Effect

<table>
<thead>
<tr>
<th>Duration</th>
<th>TWA / dBA</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Hrs</td>
<td>90</td>
<td>100%</td>
</tr>
<tr>
<td>4 Hrs</td>
<td>95</td>
<td>100%</td>
</tr>
<tr>
<td>2 Hrs</td>
<td>100</td>
<td>100%</td>
</tr>
<tr>
<td>1 Hr</td>
<td>105</td>
<td>100%</td>
</tr>
<tr>
<td>1/2 Hr</td>
<td>110</td>
<td>100%</td>
</tr>
<tr>
<td>15 Min</td>
<td>115</td>
<td>100%</td>
</tr>
</tbody>
</table>
Audiometric Testing

- Annual
- At No Cost to the Employee
- CAOHC Certification
- Audiologist / Otolaryngologist
- Baseline Audiogram...When?
- Mobile Test Van Exception
Hearing Testing

Options:

- In - House
- Local Clinic
- Mobile
Hearing Protection

- No Cost to the Employee
- Offer at least 2 types / Custom Plugs
- 85dBA offered vs. 90 dBA mandatory
- Attenuation / NRR
Make Hearing Protection Mandatory at 85dBA

- New Hires
- STS
- Save More Hearing. Halve Their Exposure
- Reduces Risk of Hearing loss From 25% to 8%
- Make this a policy of employment!
Noise Reduction Rating (NRR)

29 dBA Attenuation - 7 = 22

22 / 2 = 11 (Actual Attenuation)

Employee Exposure = 95 dBA

95 - 11 = 84 dBA
Record Keeping

- Record Retention
- Maintain Record of Employee Exposures
- Access To Records
- Transfer of Records
- Get accurate information
- OSHA 300 Recordability criteria!
Training

- Annual
- Effects of Noise on Hearing
- Purposes of HPD’s
- Selection & Fitting
- Post a copy of CFR 1910.95
Written Program

- Make a plan, follow the plan!
- This is where you can incorporate that participation in safety programs is a policy of employment.
- Fulfill the employee’s right to know
Thank you for your attention!