

Date:

Site/Project:

Presented By:

Duration:

WHY THIS MATTERS

Noise-induced hearing loss (NIHL) is permanent and irreversible. Over 2 million UK workers are exposed to noise levels that could damage their hearing. Construction is one of the highest-risk industries. You will not notice the damage until it is too late.

KEY POINTS

- If you have to shout to be heard at 2 metres, the noise level is likely above 85 dB — wear hearing protection
- The lower exposure action value is 80 dB — hearing protection must be made available
- The upper exposure action value is 85 dB — hearing protection is mandatory
- Common noisy tasks: grinding, breaking, piling, hammering, sawing, disc cutting
- Select the right hearing protection for the noise level — check the SNR rating
- Fit ear plugs correctly — roll, insert, hold. Ear defenders must seal fully over the ears
- Limit exposure time — rotate workers on noisy tasks where possible
- Hearing protection zones should be clearly signed

Discussion Questions:

1. What are the noisiest tasks on this site? Are hearing zones marked?
2. Do you know the SNR rating of your hearing protection?
3. Have you ever had a hearing test through occupational health?

#	Name	Company	Signature	Date

Duration: 10-15 minutes | Record attendance on Toolbox Talk Register