

## CONTROL OF NOISE

### Control of Noise

**Overview:** This talk will cover: hazards, controlling noise and ear protection.

### Hazards

- 1 Some of the following things used on site can be harmful to your hearing: grinders, lathes, compressors, breakers, circular saws, concrete mixes, chainsaws, generators, vibrating rollers and excavators etc.
- 2 Even if you are not using the noisy piece of equipment, you could be affected by someone using it close by.
- 3 Look out for noise hazard signs on site and obey them.
- 4 It's not only on site that you have to remember to protect your hearing but after work also – noisy clubs, hi-fis, etc.

### Controlling noise

- 1 Use a less noisy process if possible.
- 2 If shouting is necessary in order to be heard, the noise level is high and you should wear ear protectors.
- 3 Keep compressor covers closed when in use.
- 4 Ensure breaker mufflers are correctly fitted.
- 5 Don't keep machinery running unnecessarily.
- 6 Ensure you don't expose your workmates to your noise.
- 7 Move the noise source away from the work area or move the work area away from the noise.
- 8 If possible, shield noise process. Work behind a wall or some other sound-absorbing material.

### Ear protection

- 1 Don't use cotton wool for ear protection, it is not effective.
- 2 Ensure ear plugs are a good fit and correctly inserted.
- 3 Regularly clean reusable ear plugs.
- 4 Use disposable ear plugs once only.
- 5 Clean your hands before touching all types of ear plugs.
- 6 Ear defenders should fit the head all round the seal.
- 7 Ensure that ear defenders are worn the correct way round.
- 8 Ensure defender seals are always in a serviceable condition.
- 9 Don't alter pressure of ear defenders by bending the head band.
- 10 If you have difficulty in wearing ear defenders, report it.

**Do you have any questions for me?**

### Questions for you

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