

VLR SAFETY TAILGATE TALK

June 2017

Subject: **Know Noise to No Noise**

Date: _____

Location (garage, mm, etc...):

Instructions:

Safety Coordinators & Supervisors should use this Tailgate Talk as a guide for discussion during their safety meetings. The primary purpose of the safety meetings is to give crews the opportunity to discuss any safety related concerns they may have.

Once the meeting has concluded, the Presenter should have each employee sign this form and include their Employee ID# in the spaces below.

TGT Presenter: _____

| Name | Employee |
|------|----------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
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| 10. | |
| 11. | |
| 12. | |
| 13. | |
| 14. | |
| 15. | |
| 16. | |

Measuring Noise

Noise hazard depends on the **level** (sometimes called intensity) of the noise, its **duration**, and **how often** the exposure occurs. The point above which regular exposure to sounds becomes hazardous is a level of about 85 decibels (abbreviated dB, or sometimes dBA which is the value that more closely corresponds to human hearing). Noise is measured using a sound level meter.

You Don't Get "Used to Noise"

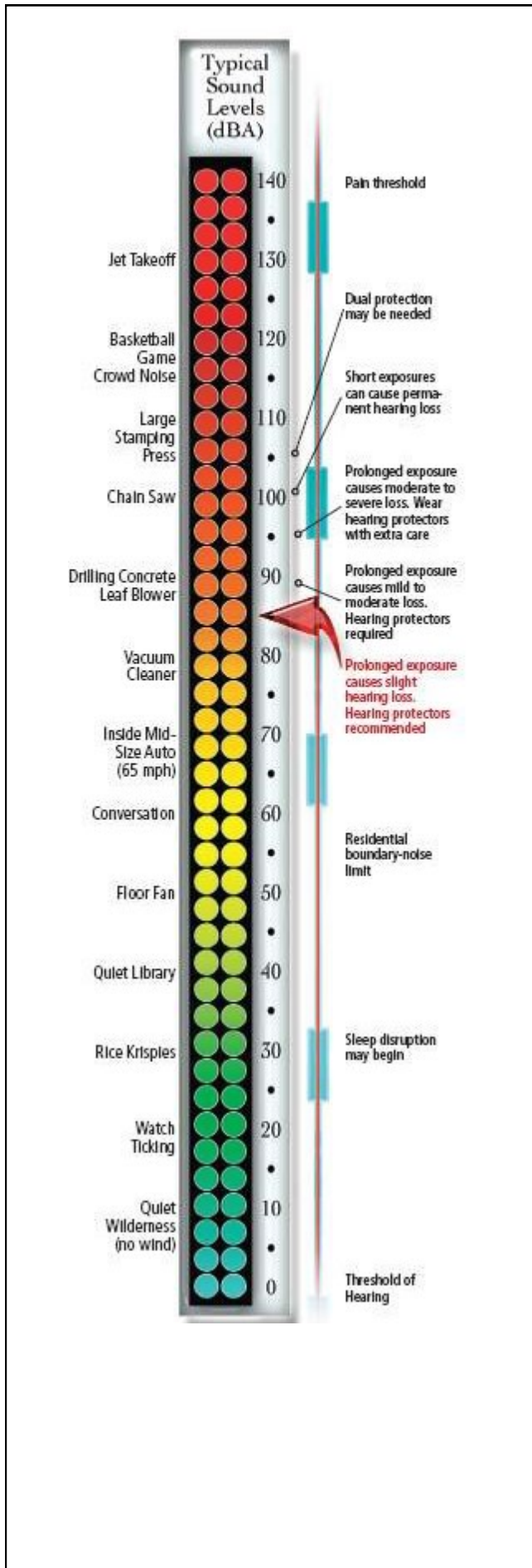
Noise does not have to be uncomfortably loud or even painful to be damaging. You may think your ears are "used to the noise", but what has probably happened is your hearing has been temporarily dulled or hearing loss has already begun.

A Rule of Thumb

When you feel the need to shout in order to be heard three feet away, the noise levels are probably 85 dBA or more and hearing protectors are recommended.

Using Your Ears to Assess Noise Risk

If after the noise stops, you notice a ringing, buzzing or whistling in your ears that wasn't there before, this is a warning indicator. Called **tinnitus**, this is like a "sunburn" of the nerve cells of your inner ear, indicating they have been irritated and overworked. Tinnitus is especially noticeable in a quiet place, such as when you are trying to go to sleep at night. If you don't protect your ears from noise, tinnitus can become a permanent, constant annoyance in your life. Apparent muffling or softening of sounds after noise exposure is a warning sign your hearing is affected by a **temporary threshold shift**. Repeatedly exposing your ears to loud noise without protection can cause the shift to worsen and become permanent, resulting in untreatable damage to your hearing ability.



COMMON INDOOR/OUTDOOR NOISE LEVELS

| Environment | Noise Level (dBA) |
|----------------------------|-------------------|
| Whisper | 20 |
| Bedroom at Night | 30 |
| Public Library | 40 |
| Quiet Urban Neighbourhood | 50 |
| Industrial Area | 60 |
| Normal Speech 3 ft. | 65 |
| Loud Shouting, Busy Street | 80 |
| Train Horn | 90 |
| Traffic Noise 50 ft. | 70 |
| Jet take off 1,600 ft. | 100 |
| Rock Music | 110 |
| Chainsaw | 120 |

How We Hear

Healthy inner-ear nerves (hair cells) are the key to good hearing. Although some die off naturally as you age, many more are killed early if your ears aren't protected from harmful noise.

The outer ear collects and funnels sound waves along the ear canal to the eardrum.

The middle ear contains a chain of three tiny bones, called ossicles, which link the eardrum to the inner ear. When sound waves strike the eardrum, the ossicles conduct the vibrations to the cochlea in the inner ear.

Hair cells within the cochlea of the inner ear respond to vibrations by generating nerve (electrical) impulses. The brain interprets these as sound.

SAFETY