

IEP.

Did you know that...

- A noisy work environment is very tiring. A disco is a very noisy environment.
- 400,000 workers in Québec experience deafness caused by exposure to noise on the job.
- Deafness alone accounts for more than 40% of all occupational disease claims.
- Frequent and daily exposure to noise levels higher than 85 dBA for 8 hours can damage hearing. The effect of noise is cumulative and insidious, just like exposure to mercury, lead, and insecticides.
- Some noisy toys can be hazardous to a child's hearing.
- Children perceive sounds louder than adults because their ear canals are smaller.
- The ambient noise in one of every five daycares exceeds the standards published by the Commission de la santé et de la sécurité du travail (CSST), which is set at 90 dBA (per 8-hour period); ideally, a maximum of 75 dBA is recommended.
- Setting the volume of your CD or MP3 player at mid-level is smarter; it means less risk of damaging your hearing.
- Exposure to noise causes blood pressure to rise.

Tips

- The best way to reduce noise is to control it at the source. For example:
 - repair defective appliances;
 - check the specifications of household appliances: stove fan, dishwasher, air conditioner, etc.
- Set a good example: lower your voice!
- Make sure your work environment complies with standards.



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