



You can damage or even lose your hearing from working around loud noises (85 dBs +) or working with paints, degreasing, cleaning and other construction products that contain solvents such as toluene.

If you have to ask others to repeat themselves you may already be suffering from hearing loss.

IF YOU LOSE YOUR HEARING YOUR BOSS OR CO-WORKERS WON'T BE ABLE TO ALERT YOU TO A HAZARD ON SITE!

Approximately 1 out of 4 construction workers suffer from some level of hearing loss.

WORKING AROUND NOISE

ASK FOR CONTROLS!

Using equipment just 3 dBs lower can cut the noise reaching your ears by half. Use low noise equipment or put a sound barrier around loud equipment like compressors.

WEAR HEARING PROTECTION!

Including earplugs and earmuffs, make sure your hearing protection fits and is comfortable. The louder the job, the more hearing equipment you need!

NOISE, HEALTH & SAFETY!

- Noise can distract you.
- You may not hear warnings.
- Hearing loss increases your risk of falling.
- Years of noisy job sites can make you deaf.

An annual hearing test will let you know if your hearing is getting worse.