



# United Safety Net

www.UnitedSafetyNet.com - 978.767.0630



## SAFETY MEETING - ENGLISH HEARING PROTECTION

### HEARING PROTECTION

1. Look for signs that identify noise hazards.
2. Measure the sound level in you workplace with a DB Meter, you can download DB Meter in your smart phone, for free.
3. If there is more than 85 decibels, you need to wear hearing protection.
4. If you don't have a DB meter and also, don't have an smart phone, Remember the 3 feet rule, if you have to shout to be heard when standing 3 feet away from your coworker, then it's over 85 decibels and you need to wear hearing protection.
5. If possible, move your work away from noise sources or move the noise sources away from your work area.

**If it is not possible:**

6. Find a comfortable hearing protector and wear them every time you are around loud noise.
7. If you choose to wear disposable foam earplugs, make sure you insert them properly. If you are not sure how to, then ask your supervisor for training.
8. Don't put or removing earplugs if your hands are dirty, to avoid an ear infection.

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Time: \_\_\_\_\_ / \_\_\_\_\_ AM - PM

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

**Attendees:**

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