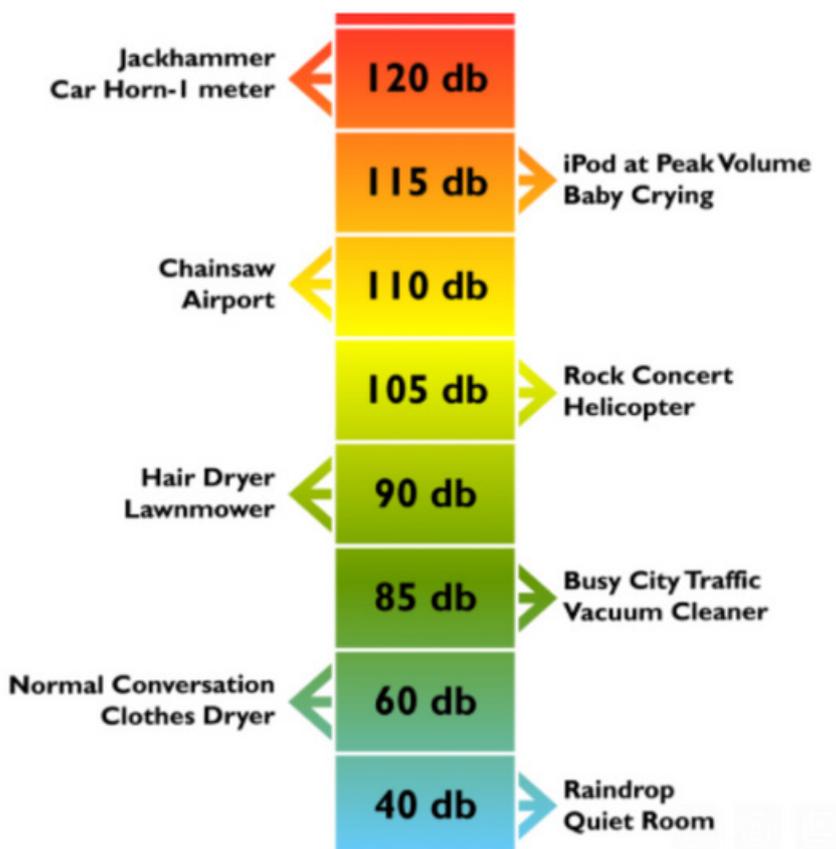


TOOLBOX TALK

HEARING PROTECTION: EP19

Noise exposure for an 8-hour shift should not exceed 85 dB. If the noise level exceeds 85 dB, employers must implement noise control measures or provide employees with hearing protection (e.g. earmuffs or earplugs).

Contextual examples:



Actionable steps:

- Conduct regular noise level assessments on-site.
- Ensure workers are educated on the noise levels they're exposed to and what it means for their hearing health.

Important: Sound intensity doubles with every increase of 3 decibels (dB). For example: 83 dB is double the acoustic energy of 80 dB.



Important:

Combining hearing protection doesn't simply add the ratings together. For example, using a 30 dB earplug and a 35 dB earmuff doesn't equal 65 dB protection. Instead, you take the highest-rated protection (35 dB earmuff) and add only 5 dB, giving you a total of 40 dB effective protection.

Need Help?

One of our experts are available to assist with your hearing protection requirements.

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