

Spotlight On Safety

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Hearing Conservation

Noise is all around us. On any given day, at any given time, we hear and act on a wide variety of sounds. Some can damage our ears and adversely affect permanently our way of life. Gunshots, power tools, chain saws, aircrafts, headphones, lawn mowers, impact tools etc., can all cause damage to our ears. Therefore, protect yourself and enjoy a lifetime of good hearing. It is the University's policy to protect employees from hearing loss due to occupational noise exposure by identifying, evaluating and controlling those area and jobs where the 8-hour time weighted (TWA) is above 85 decibels.

Procedures for Supervisors

- Assess employee noise exposure level
- Implement engineering, administrative, and/or personal protective equipment (PPE) controls to reduce noise levels
- Perform audiometric tests: baseline, annual, and post employment
- Provide employee training/education
- Keeping a training log, records of noise exposure levels, and audiometric exams

Essentials in a Hearing Conservation Program

- Sound surveys
- Noise controls
- Hearing evaluations
- Hearing protection
- Education

Types of Personal Protective Equipment (PPE)

- There are various types of hearing PPE that include, but is not limited to:
 1. Expandable foam plugs
 2. Pre-molded reusable plugs
 3. Canal caps
 4. Earmuffs
- See "Hearing PPE" for details about the hearing protection devices above

Visit www.ehs.ucr.edu for additional information or call 951-827-5528 if you have any questions.