

# UNITED SAFETY SOLUTIONS

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826 Bloom Rd  
Eagle River, WI 54521

## HEARING CONSERVATION

OSHA	Hearing Conservation	Regulation 29 CFR 1910.95
Course:	2-4 Hours Instruction	Prerequisites:
Hours:	Class Room	Fee:
Hours:	Field Instruction	CE Credits:

Every year, approximately 30 million people in the United States are occupationally exposed to hazardous noise. Noise-related hearing loss has been listed as one of the most prevalent occupational health concerns in the United States for more than 25 years. Thousands of workers every year suffer from preventable hearing loss due to high workplace noise levels.

Exposure to high levels of noise can cause permanent hearing loss which cannot be corrected by surgery or a hearing aid. Short term exposure to loud noise can also cause a temporary change in hearing (stuffy ears) or a ringing in the ears (tinnitus) which may go away within a few minutes or hours after leaving the noisy area. However, repeated exposures to loud noise can lead to permanent tinnitus and/or hearing loss.

Loud noise can also create physical and psychological stress, reduce productivity, interfere with communication and concentration, and contribute to workplace accidents and injuries by making it difficult to hear warning signals. Noise-induced hearing loss limits the ability to hear high frequency sounds, understand speech, and seriously impairs the ability to communicate. The effects of hearing loss can be profound, as hearing loss can interfere with the ability to socialize, play, or participate in other enjoyable social activities, and can lead to psychological and social isolation.

**Who Should Take This Course?** All employees who are exposed to hazardous noise on the job. Employers shall institute a training program and ensure employee participation in a program for employees exposed to noise at or above an 8-hour time weighted average of 85 decibels. The training program shall be repeated annually for each employee included in the Hearing Conservation program with information updated and consistent with changes in protective equipment and work processes.

**Course Objectives:** An effective hearing conservation program can prevent hearing loss, improve employee morale and a general feeling of well-being, increase quality of production, and reduce the incidence of stress-related disease. The employer must administer a continuing, effective hearing conservation program whenever employee noise

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exposures are at or above an eight hour time-weighted average (TWA) of 85 dBA or, equivalently, a dose of 50 percent. The employer shall ensure that each employee is informed of the following:

- The effects of noise on hearing
- The purpose of Hearing Protection Devices (HPDs)
- Advantages, disadvantages, and attenuation of various types, and instructions on selection, fitting, use, and care
- The purpose of audiometric testing
- An explanation of the test procedures
- Engineering controls
- Administrative controls

## **United Safety Solutions Course Covers:**

- Monitoring Program
- Audiometric Testing Program
- Hearing Protection Devices
- Employee Training and Education
- Recordkeeping

The first step toward solving any noise problem is to define it. To understand what requirements must be implemented according to OSHA, it is necessary to determine and evaluate exposure levels.

- Indications of a Problem - Noisy conditions can make normal conversation difficult.
- Walk Around Survey - sound level meter measurements and estimates of the duration of exposure are sufficient.
- Work Shift Sampling - Establish a sampling protocol for the workplace
- Instruments used to conduct a Noise Survey - A dosimeter with a threshold of 80 dBA (a-weighted sound pressure level) and 90 dBA to measure noise exposures

## **Certification:**

Successful completion requires 80% on both classroom and practical skills.

Upon successful completion, participants receive a wallet card, documentation to satisfy OSHA.