

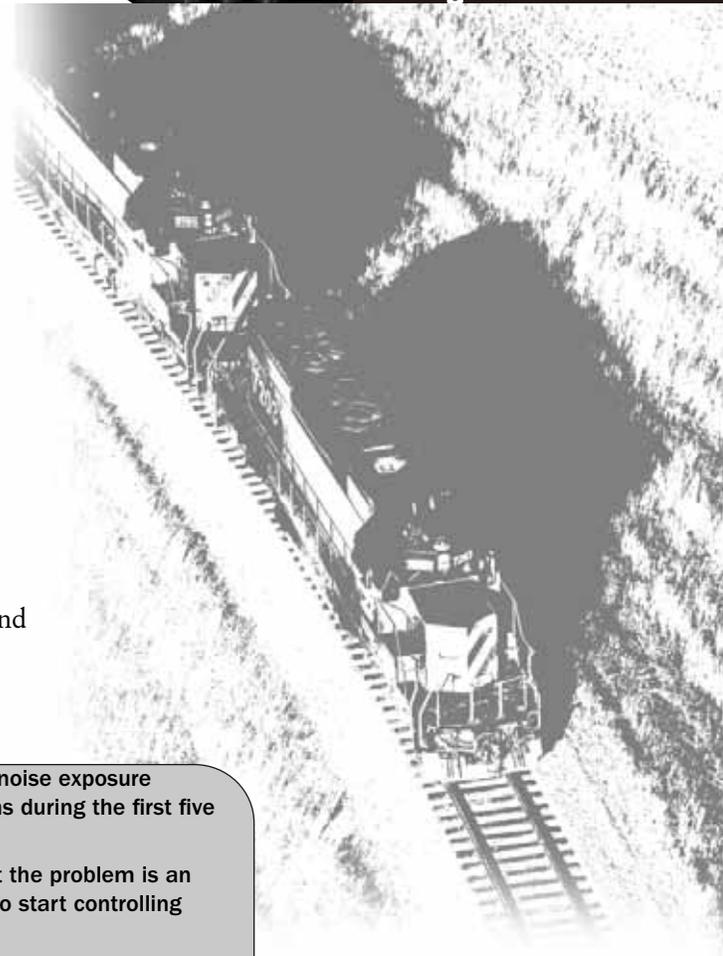
Know the hazards of hearing loss in the **Transportation Sector**

Most people realize there are hazards involved in the Transportation industry. But one of the most commonplace is also one of the least obvious. Noise induced hearing loss (NIHL) – deafness caused by workplace noise – is gradual, painless, and permanent.

And it will turn your life upside down. Imagine never hearing the sound of birds or children laughing. Simple transactions – such as asking the cost of a cup of coffee – become difficult exercises when you're deaf.

The greatest tragedy is that hearing loss doesn't have to happen. It's completely preventable.

You may not even realize you're going deaf. Learn more and help eliminate the hazards for yourself and others.



Consider these facts:

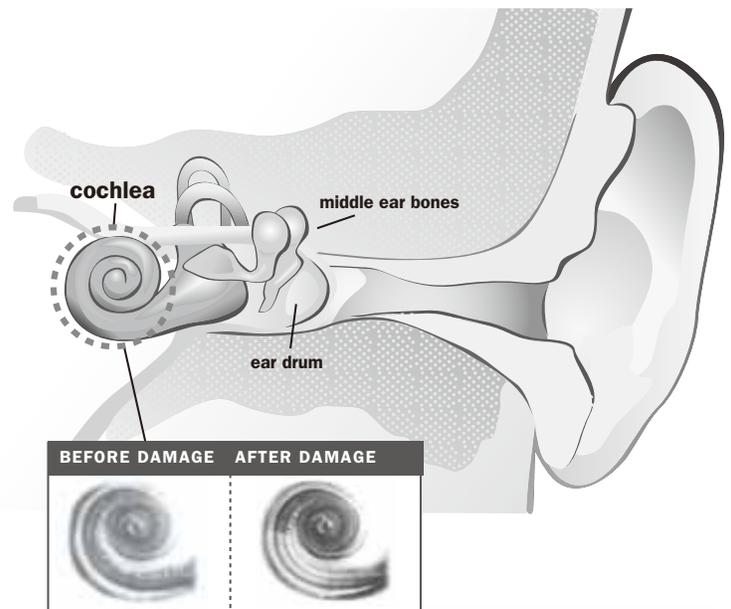
- Hearing loss due to noise exposure is irreversible.
- Dangerous noise starts at 80 decibels (dBA). Many workplace noises are well above safe limits. (90 dBA is the legal limit at which workplace hearing protection is required.)
- Noise is measured on a sliding scale. 90 dBA is actually **ten times** louder than 80 dBA, not just ten "points."
- Sirens, horns, power tools and mobile equipment produce the highest risk of noise exposure in the transportation industry
- Damage from noise exposure usually happens during the first five years of work.
- Learning about the problem is an excellent way to start controlling noise.
- Making a smart investment in quieter machines can reduce exposure

How **hearing loss** happens

We hear sound when microscopic hair-like cells (cilia) in the inner ear stimulate the nerves that carry sound information to the brain. Prolonged exposure to loud sounds can destroy the cilia. Once they're gone, they don't grow back — which is how you lose your hearing.

When you've lost your hearing, hearing aids won't give you the quality of hearing you once had. Everyday life becomes a silent eternity.

Unfortunately, this happens to thousands of workers right here in Ontario. It's time to pay attention to the hazards and learn how to stop the damage. Protect your hearing—it's too valuable to lose.



The **Transportation** industry can be a Noisy Business.

Hearing loss due to excessive noise exposure over 80 decibels (dBA) is irreversible.

Mobile Equipment & Exhaust Ventilation Fans **90-120 dBA**

Use these to diminish noise effects:

- Acoustic barriers around mobile equipment and fans
- Integral silencers on fans to reduce noise to 85 dBA
- Silencers on both inlet and exhaust ports
- Fans with high revolutions per minute (rpm)

Average City Noise **80 dBA**

- Keep windows closed to reduce noise levels (inside a car 70 dBA)

Workshop Tools **62-96 dBA**

Consider this:

- Isolate air compressors and locate in a noise reduction insulated room
- Hydraulic drills are less noisy than electric ones
- Where feasible have tool operator located away from noise emission source

Haulage Truck **90 dBA**

Jet plane taking off **147 dBA**

Ambulance siren **120 dBA**

Compressors **85-100 dBA**

Impact Wrench **95 dBA**

Ambient Noise in Offices and Washrooms **80 dBA**

The best way to prevent occupational noise induced hearing loss is to reduce noise levels. Here are some noise reduction tips.

- Educate workers on noise hazards and controls, and use of hearing protection
- Install barriers around noisy stationary equipment
- Segregate noisy operations in a plant from other departments
- Calculate a noise perimeter zone and limit access by workers
- Post signs around noisy equipment and departments where the equipment is used
- Inspect and maintain equipment regularly
- Invest in the purchase of sound rated quiet machinery
- Establish an audiogram testing program for workers to identify early those at increased risk of hearing loss

Hearing loss costs everyone

You. Your family, friends and co-workers. Your employer and your community. Everyone loses when you lose your hearing.

But you can help stop the damage. If you're worried about noise in your workplace, talk to your supervisor or employer about noise control and hearing conservation programs. Because no-one should have to lose their hearing at work.

For more information contact:

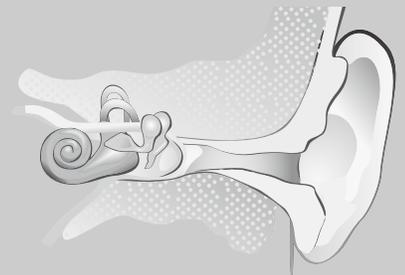
Transportation Health and Safety Association of Ontario at

www.thsao.on.ca

Tel: (416) 242-4771,

1-800-263-5016

Because life is worth hearing



WSIB Workplace Safety & Insurance Board
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