

re you
dea ?

 **5x**
beter ijzersterk
voor veilig
werk

In the end, everything
will be silent

How do we deal with noise and hearing protection?



When is noise harmful?

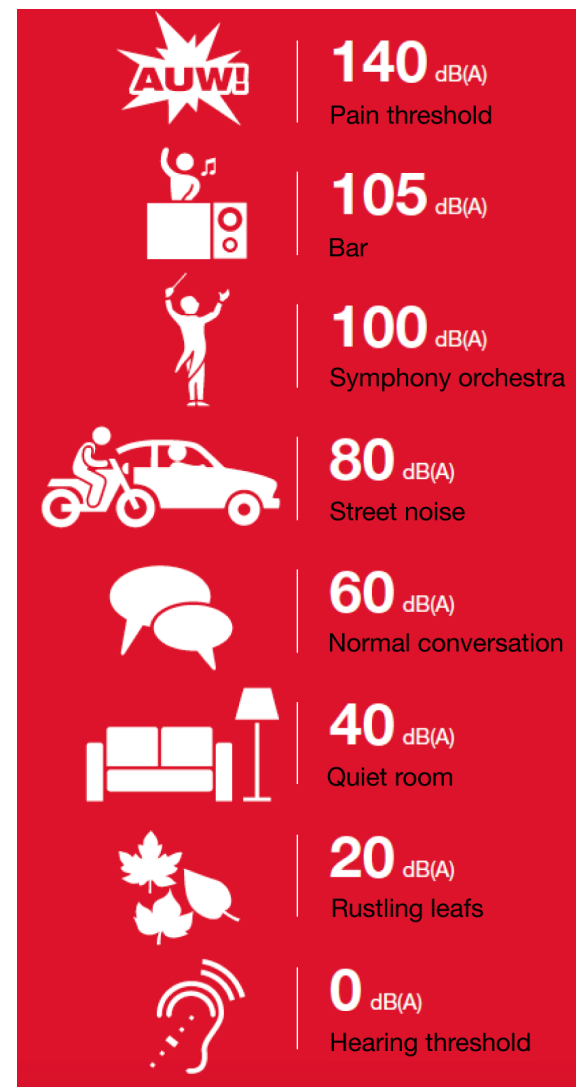
Harmful noise is always related to:

- The volume -> the number of decibels
- The duration -> how long are you exposed to too loud noise

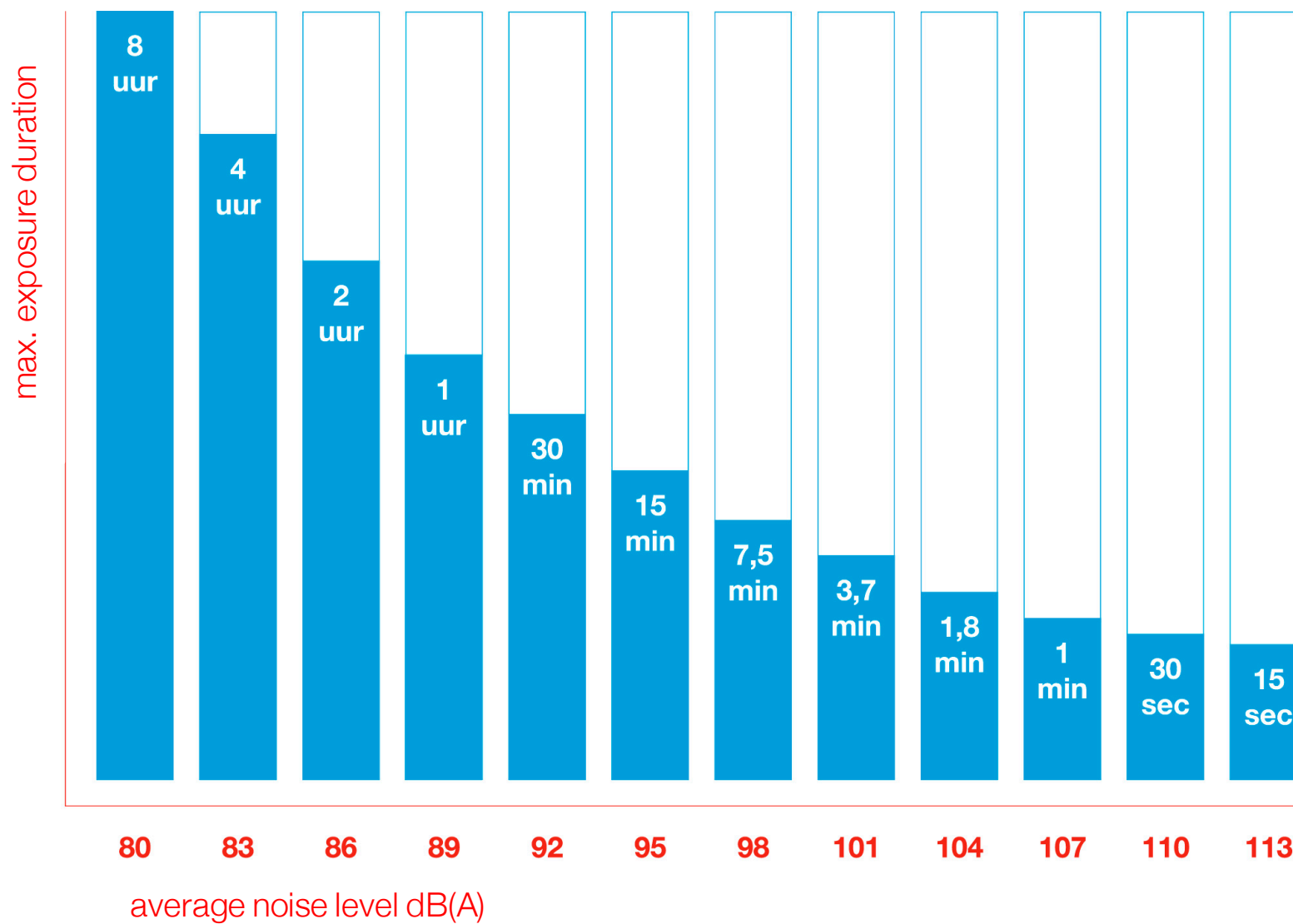
Hazard threshold:

80 dB(A), 8h per day

The noise level is safe if you can understand each other easily with a normal voice level, so without having to talk loudly



When is noise harmful?



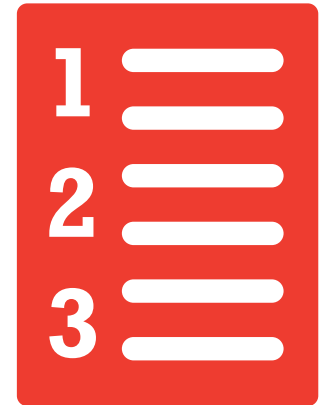
Consequences of harmful noise

- Hearing loss occurs gradually
- Physical and psychological reactions as well

Hearing loss caused by noise can never be cured!



Occupational illnesses in the Dutch Industry



1. Psychological conditions
2. Conditions to musculoskeletal system
3. Hearing conditions



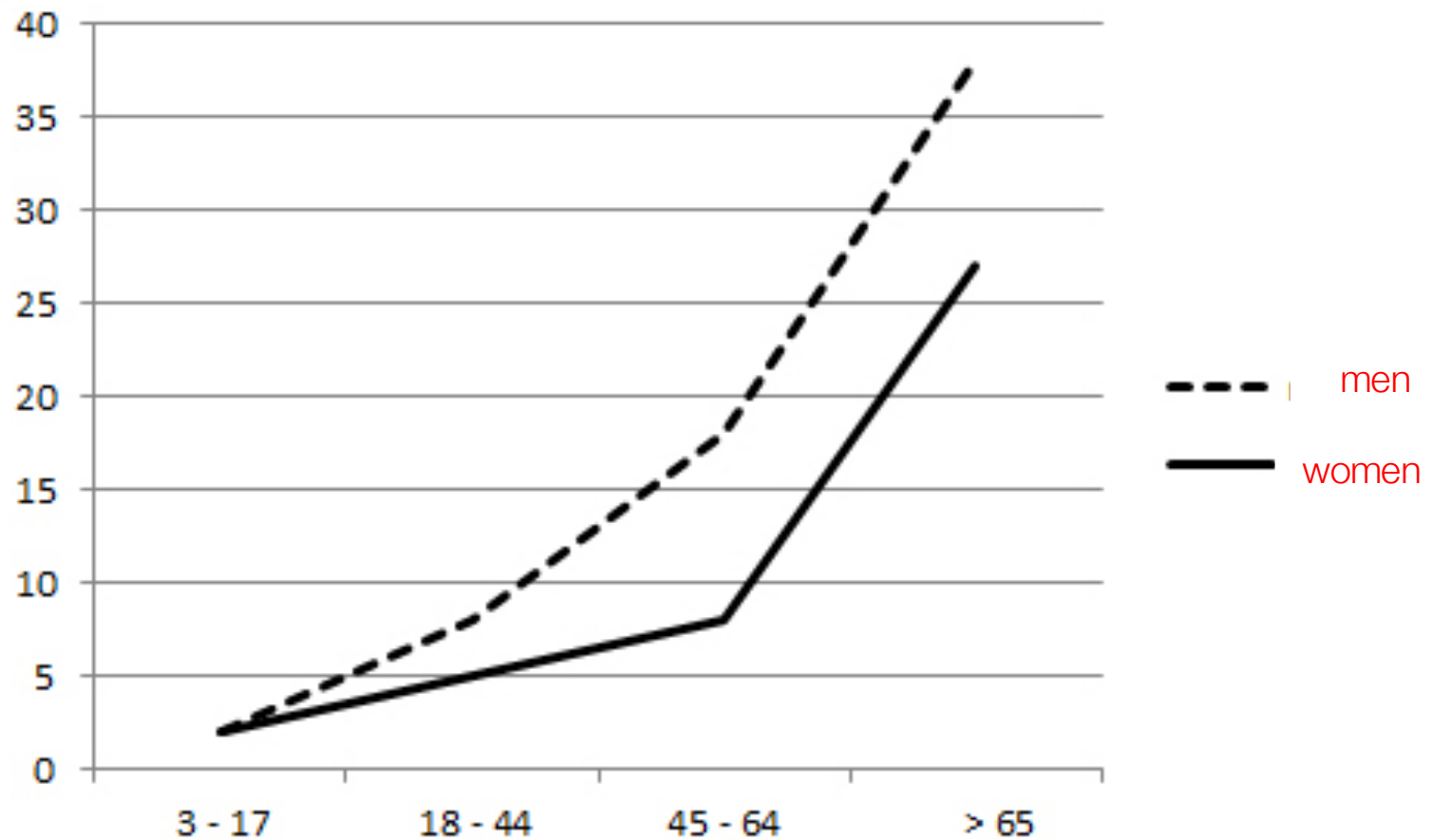
In the Netherlands, 1 in 10 people suffer from hearing loss

How many of them are 65 years or older?

1 in 3



When we age, we are less able to hear what others are saying



Do you recognize one of the symptoms below?



- People ask them whether you didn't hear them
- Or people ask you to turn the sound of the TV down
- You notice that you have to ask what someone said more and more

In 'yes' the consequences are:

- Bigger risk of accidents or mistakes at the workplace
- At some point, you'll feel like an outsider in a group



Do you recognize one of the symptoms below?



- People ask them whether you didn't hear them
- Or people ask you to turn the sound of the TV down
- You notice that you have to ask what someone said more and more



Such a device can improve certain frequencies, making communication easier for a while



Ringling ears

- Do you recognize the description of having ringing ears after a night out?



Young people



- How many young people under 21 *always* have ringing ears?

1 in 5



What requires attention?



- Protection against permanently harmful noise at work
- Protection against occasional harmful noise at work
- Protection against harmful noise in private situations
- If applicable: convince our children to protect themselves better against harmful noise



Situation at our company

Processing	dB(A)
Sawing belt saw	70-85
Electric welding	85
MIG welding	90-100
TIG welding	65-75
Cutting	88-98
Punching	90-110
Hammering	95-110
Grinding Angle Grinder	95-115
Cleaning compressed air	99-103



- Do we have places where it is *often or always* impossible to understand each other at a meter distance with a normal voice level, so without having to speak loudly?
- Do we have places where *sometimes* there is a lot of noise, making it impossible to understand each other at a meter distance with a normal voice level?



What does the Health & Safety Act say?

- > 80 dB(A): hearing protection must be available
- > 85 dB(A): demarcating areas where wearing hearing protection is required
- Employer:
 - Assess whether there is harmful noise
 - Limit the exposure to harmful noise where possible
 - Supervise
 - Offer period hearing tests to employees
 - Providing information about the risks and consequences of harmful noise
- Employee:
 - > 85 dB(A): employees are required to wear hearing protection



What to do against harmful noise?

1. Reduce noise at the source. For instance by choosing a more silent machine.
2. Reduce the noise transfer to others. For instance by encasing a machine.
3. Prevent prolonged exposure to harmful noise. Think in solutions, such as task or workstation rotation.
4. Providing the most suitable (and pleasant) hearing protection. And wear it!



Wear your hearing protection

- It can prevent damage
- If there already is damage, it can prevent it from getting worse or delay the process



Are you ever tempted to not use your hearing protection?

- When?
- Why?



Working together



- Agree with yourself and your colleagues to always wear hearing protection where needed. Hold each other accountable with regard to this.
- Think about how you can cause less harmful noise in your workplace
- This includes the volume of the radio: prevent the music from exceeding the high noise levels



Young people

- What is the effect of hearing loss on your future perspective?





re you

dea  **?**

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