



Toolbox Safety Talks

Hearing Protection

- 1) What are the hazards associated with not wearing hearing protection?
 - a. Hearing loss
- 2) What noise hazards should you look for?
 - a. Noisy work areas
 - b. Loud equipment
 - c. Explosive sounds
- 3) What safe practices should be used when dealing with noise hazards?
 - a. Use noise monitoring to determine where hearing protection will be required
 - b. Use noise monitoring equipment to monitor any new equipment or processes to determine if hearing protection will be required
 - c. Signs should be posted in areas where hearing protection is required
 - d. Wear hearing protection before entering noise hazard areas
 - e. Use the roll, pull, hold technique to insert soft ear plugs

“Rule of thumb – If you have to raise your voice to be heard, or a coworker has to raise his/her voice in order for you to hear them, you should be wearing hearing protection”

- 4) Are there any processes at our facility that can be changed or eliminated to reduce noise exposure
- 5) How many times should you wear the soft ear plugs? (once)
- 6) Why? (To avoid getting dirt and germs inside the ear canal)
- 7) What is the roll, pull, hold technique?
- 8) Can someone demonstrate this technique?
- 9) Are there any areas in our facility where hearing protection should be required and it is not?
- 10) Where are our ear plugs kept?



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Date Presented: _____

Presented By: _____

Attendance Sheet



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