

SEE-MORE SAFETY SAYS...

IT'S TIME FOR A



Reduce Noise Exposure and Protect Your Hearing

- 🔔 Have your hearing tested if you're exposed to high noise levels.
- 🔔 Help with efforts to reduce workplace noise:
 - 🔔 Place noisy machines or operations in separate areas or behind sound barriers.
 - 🔔 Keep equipment lubricated and maintained to prevent squeaks and rattles.
 - 🔔 Place vibrating equipment on rubber mats.
 - 🔔 Replace worn or loose machine parts.
 - 🔔 Choose quieter replacement equipment.
 - 🔔 Install sound-absorbing pads, ceiling tiles, etc.
 - 🔔 Reduce time spent in noisy areas.
- 🔔 Use assigned hearing protectors: earmuffs, earplugs, or canal caps.
 - 🔔 Don't use cotton or other homemade protection.
 - 🔔 Replace broken, cracked, stiff, or loose hearing protectors.
 - 🔔 Use hearing protection for exposure to loud noise off the job.
- 🔔 Clean hearing protectors regularly, following manufacturers' instructions.
 - 🔔 Store hearing protectors in a clean, dry place.
 - 🔔 Report trouble hearing, ringing in the ears, etc.