

KSU Facilities Safety Bulletin

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Preventing Occupational Noise-Induced Hearing Loss

Noise-induced hearing loss is nearly always preventable.

Noise is part of everyday life, but at certain levels it can become hazardous.

Repeated exposures to sounds that are 85 A-weighted decibels (dBA) or higher can cause **permanent hearing loss** and are associated with other problems including:

- Ringing in the ears (tinnitus)
- High blood pressure (hypertension)
- Cardiovascular disease

High noise levels can also contribute to serious workplace accidents and injuries. Noise can reduce workers' awareness of what is happening around them, including signals, alarms, and verbal warnings.

Reducing workplace noise below 85 dBA is the best way to prevent occupational hearing loss and other effects from hazardous noise. Additional benefits of reducing worker noise exposure include:

- Less stress and fatigue
- Increased productivity and better morale
- Improved relations with management
- Lower workers' compensation costs

Source: [CDC](#)

December HSI/Vivid Course

Utilities and Grounds: Hearing Conservation

Login with your KSU eid and Password:

<https://otis.osmanager4.com/KSU>

Know Your Workplace Noise Levels!

If you need to raise your voice to speak to someone 3 feet away, noise levels might be over 85 decibels. Several sound-measuring instruments are available to measure the noise levels in a workspace. These include sound level meters, noise dosimeters, and octave band analyzers.

Noise may be a problem in your workplace if you:

- Hear ringing or humming in your ears when you leave work.
- Have to shout to be heard by a coworker an arm's length away.
- Experience temporary hearing loss when leaving work.

The National Institute for Occupational Safety and Health (NIOSH) [Sound Level Meter App](#) is one tool available to the public to download on mobile iOS devices that measures sound levels in the workplace and provides noise exposure parameters to help reduce occupational noise-induced hearing loss.

Source: [OSHA](#)