

# Safety Bulletin



Make sure your hearing protection is rated at a Noise Reduction Rating (NRR) of 33 for optimal protection.



"If I was wearing my 'what' ?!"

## How Loud Is Too Loud?

### Protect Your Ears

Know which noises can cause damage. Wear ear plugs when you are involved in a loud activity.

- **110 Decibels**
  - Regular exposure of more than 1 minute risks permanent hearing loss.
- **100 Decibels**
  - No more than 15 minutes of unprotected exposure recommended.
- **85 Decibels**
  - Prolonged exposure to any noise at or above 85 decibels can cause gradual hearing loss.

**Get sound advice.** Secondary Story Headline

### How Loud is too Loud?

Decibels	Sound Source
150	Firecracker
120	Ambulance siren
110	Chain saw, Rock concert
105	Personal stereo system at maximum level
100	Wood shop, Snowmobile
95	Motorcycle
90	Power mower
85	Heavy city traffic
60	Normal conversation
40	Refrigerator humming
30	Whispered voice
0	Threshold of normal hearing

For more information, contact the [NIDCD Information Clearinghouse](#).



NIOSH recommends that all worker exposures to noise should be controlled below a level equivalent to 85 dBA for eight hours to minimize occupational noise induced hearing loss. Noise induced

hearing loss is 100% preventable, it is also 100% irreversible. Protect your hearing. You do not want to live in a world of silence due to hearing loss.



# OSHA's Top Ten Violations



"I reckon everybody knows about this company's poor safety record by now!"

1		<b>Fall Protection – General Requirements</b>	This standard outlines when fall protection is required, which systems are appropriate for given situations, the proper construction and installation of safety systems, and the proper supervision of employees to prevent falls. It is designed to protect employees on walking/working surfaces (horizontal or vertical) with an unprotected side or edge higher than 6 feet.	<b>STANDARD:</b> 1926.501 <b>TOTAL VIOLATIONS:</b> 8,241 <b>FY 2012 RANKING:</b> 1 (7,250)
2		<b>Hazard Communication</b>	This standard addresses chemical hazards produced in the workplace and imported into the workplace. It also governs the communication of those hazards to workers.	<b>STANDARD:</b> 1910.1200 <b>TOTAL VIOLATIONS:</b> 6,156 <b>FY 2012 RANKING:</b> 2 (4,696)
3		<b>Scaffolding</b>	This standard covers general safety requirements for scaffolding, which should be designed by a qualified person and constructed and loaded in accordance with that design. Employers are required to protect construction workers from falls and falling objects while working on or near scaffolding at heights of 10 feet or higher.	<b>STANDARD:</b> 1926.451 <b>TOTAL VIOLATIONS:</b> 5,423 <b>FY 2012 RANKING:</b> 3 (3,814)
4		<b>Respiratory Protection</b>	This standard directs employers on how to establish or maintain a respiratory protection program. It lists requirements for program administration; worksite-specific procedures; respirator selection; employee training; fit testing; medical evaluation; respirator use; and respirator cleaning, maintenance and repair.	<b>STANDARD:</b> 1910.134 <b>TOTAL VIOLATIONS:</b> 3,879 <b>FY 2012 RANKING:</b> 4 (2,371)
5		<b>Electrical – Wiring Methods</b>	This standard covers the grounding of electrical equipment, wiring and insulation. It includes temporary wiring and splicing, such as flexible cords and cables.	<b>STANDARD:</b> 1910.305 <b>TOTAL VIOLATIONS:</b> 3,452 <b>FY 2012 RANKING:</b> 8 (1,744)
6		<b>Powered Industrial Trucks</b>	This standard covers the design, maintenance and operation of powered industrial trucks, including forklifts and motorized hand trucks. It also covers operator training requirements.	<b>STANDARD:</b> 1910.178 <b>TOTAL VIOLATIONS:</b> 3,340 <b>FY 2012 RANKING:</b> 7 (1,993)
7		<b>Ladders</b>	This standard covers general requirements for all ladders.	<b>STANDARD:</b> 1926.1053 <b>TOTAL VIOLATIONS:</b> 3,311 <b>FY 2012 RANKING:</b> 5 (2,310)
8		<b>Lockout/Tagout</b>	This standard outlines minimum performance requirements for the control of hazardous energy during servicing and maintenance of machines and equipment.	<b>STANDARD:</b> 1910.147 <b>TOTAL VIOLATIONS:</b> 3,254 <b>FY 2012 RANKING:</b> 9 (1,572)
9		<b>Electrical – General Requirements</b>	This standard covers general safety requirements for designing electrical systems.	<b>STANDARD:</b> 1910.303 <b>TOTAL VIOLATIONS:</b> 2,745 <b>FY 2012 RANKING:</b> 10 (1,332)
10		<b>Machine Guarding</b>	This standard covers guarding of machinery to protect operators and other employees from hazards, including those created by point of operation, ingoing nip points, rotating parts, flying chips and sparks.	<b>STANDARD:</b> 1910.212 <b>TOTAL VIOLATIONS:</b> 2,701 <b>FY 2012 RANKING:</b> 6 (2,097)