

Noise

About 5 minutes · Read it out, then ask the questions at the end.

Why it matters. Noise-induced hearing loss is permanent and builds up without you noticing. Tinnitus, a constant ringing, can come with it.

The hazards

- Breakers, saws, grinders and other loud tools
- Working near noisy plant
- Long exposure through a shift
- Noise in enclosed spaces

Stay safe

- The law sets action values of 80 dB(A) and 85 dB(A) daily exposure, and a limit of 87 dB(A) at the ear
- As a rough guide, if you have to shout to be heard 2m away, the noise may be above the lower action value
- Use quieter tools and methods where possible
- Wear hearing protection in marked zones and when using loud tools
- Fit earplugs properly and keep ear defenders clean and sealed
- Limit time in noisy areas
- Go to health surveillance appointments if you are asked to

Ask the team

1. Which tools on site are the loudest?
2. How do you fit earplugs properly?
3. What signs might show your hearing is being damaged?

The law and guidance

Control of Noise at Work Regulations 2005. HSE INDG362, Noise at work.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. www.ewgroup.co.uk · Bristol 0117 982 0005 · London 020 7476 0001

Noise

Site: _____ Date: _____

Given by: _____ Company: _____

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.