



## HEARING

loss results from damage to the inner ear after prolonged loud noise exposure. PPE (personal protective equipment) for hearing loss includes: earplugs and earmuffs. The UO’s Hearing Conservation Program (HCP) defines the Action Level as exposure to noise levels at or above 85 decibels over an 8 hour time weighted average. The mission of HCP is to improve hearing protection for employees who meet this criteria. At 85 decibels, people typically have to shout to communicate with someone an arms length away. Any employee who is exposed to noise, at or above the Action Level, will be included in the HCP and be required to wear PPE.

## PROGRAM STEPS:

- EHS may conduct an area and/ or personal noise monitoring.
- If PPE is required, earplugs or earmuffs will be chosen and provided along with training.
- Employees in the HCP will have a baseline hearing test done by an independent testing firm.
- Annual hearing tests will be done to determine any changes or shifts in hearing.
- Employee hearing test records will be retained for the duration of employment and 30 years after.

## WHAT TO DO!

- Bring noise concerns to your supervisor and “report a concern” at [safety.uoregon.edu](http://safety.uoregon.edu).
- Always wear PPE in required areas!
- Bring PPE concerns and questions to your supervisor.
- For hearing protection on a voluntary basis, contact your supervisor.
- Direct additional questions or concerns to EHS.
- For more information, visit [safety.uoregon.edu/hearing-conservation-program](http://safety.uoregon.edu/hearing-conservation-program).



Contact your supervisor for noise concerns in your area!



Always wear PPE in required areas!



If PPE does not fit, talk to your supervisor!

