



HEARING

loss can be caused by damage to the inner ear after a one-time exposure to an intense impulse sound, such as an explosion, or by continuous exposure to louds sounds over time, such as noise generated by some power tools. Proper use of hearing protection devices (HPDs), earplugs and/or earmuffs, can prevent noise-induced hearing loss. The UO Hearing Conservation Program (HCP) defines the Action Level (AL) as exposure to noise at or above 85 dBA decibels (dBA) over an 8-hour time-weighted average. At 85 dBA, people typically have to shout to communicate with another person who is an arm’s length away. The primary objective of the HCP is to prevent earing loss due to occupational noise exposure. Any employee who is exposed to occupational noise, at or above the AL, will be included in the HCP.

WHAT TO KNOW ABOUT THE HCP:

- EHS may conduct area, equipment or personal monitoring to determine sound levels.
- Employees who must wear HPDs when exposed to occupational noise that is at or above the AL.
- Training will be provided on how to properly fit, use, and care for HPDs.
- Employees in the HCP will have an initial baseline audiogram (hearing test).
- Annual audiograms will be done to determine any changes or shifts in hearing.
- Employee audiogram records are retained for the duration of employment plus 30 years.

WHAT TO DO!

- Noise concerns can be reported to your supervisor or to “Report a Safety Concern” at safety.uoregon.edu.
- Protect your hearing and always wear HPDs when exposed to noise at or above the AL.
- For assistance with HPDs, notify your supervisor or contact EHS.
- Contact EHS with questions or visit safety.uoregon.edu/hearing-conservation-program.



Contact your supervisor about noise concerns in your area



Always wear PPE when exposed to noise at or above the action level



If PPE does not fit, talk to your supervisor or contact EHS

