



## May is Hearing Conservation Month

# PROTECT YOUR HEARING! ONCE IT GOES, IT'S GONE!

## SAFETY ALERT: LISTEN TO THIS!



Click the icon to watch the video, or go to:  
<https://www.youtube.com/watch?v=9tyy8EJP0dk>

## WHAT IS TOO LOUD?

### OSHA and NIOSH recommend staying under levels of 85 decibels over an 8-hour time-weighted average (TWA)



Normal Conversations



Heavy City Traffic



Operating Motorcycles



Operating Circular Saws



Headphones at Max Volume



Sirens and Alarms



Firecrackers and Firearms

60

85

95

100-105

105

120

150

## Safety Tools & Resources

(Click a title to visit the website)



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



[The future of Safety Reporting and Statistics for the Army](#)



[Create & Manage your deliberate risk management worksheets online](#)

## Safety Joke of the Month

Although they say, "safety is no laughing matter," with effective control measures implemented – it can be!



If you are interested having your Safety joke published, please submit your joke and contact information to LTC Alexander Prezioso at: [alexander.prezioso.mil@army.mil](mailto:alexander.prezioso.mil@army.mil)

## Hearing Damage Prevention

**Eliminate or Prevent Long-Term Exposure**

**Use sound barriers, enclosures, and noise dampening systems**

**Distance Your Self from the Loud Noise**

**Job Rotation & Scheduled Breaks**

**Wear PPE (Last Line of Defense)**

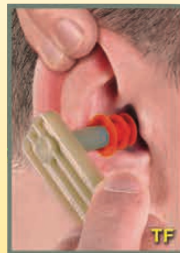
**Use Double Ear Protection (Ear Plugs & Ear Muffs)**

## Wear it Correctly

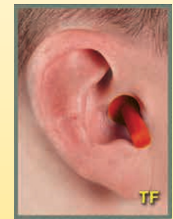
**Step 1: Place the stem of the TF earplug into the seating device or firmly grasp the stem of the QF earplug**



**Step 2: Gently push or twist ear-plug into ear canal.**



**Step 3A: The last flange of the TF earplug should be flush with the ear canal opening.**



**Step 3B: The last flange of the QF earplug may or may not be flush with the ear canal opening.**



**Step 4: When inserted correctly tension should be felt when lightly pulling on the stem.**

## State Safety Points of Contact

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