



Safety Message of the Day for IMEA Members



Occupational Noise Exposure Safety Message

The Center for Disease Control (CDC) estimates that 22 million workers are exposed to potentially damaging noise at work each year. Whether you work at a sports venue, on a tarmac, or operate a jackhammer—hearing loss is preventable.

Know Your Workplace Noise Levels!

If you need to raise your voice to speak to someone 3 feet away, noise levels might be over 85 decibels. Several sound-measuring instruments are available to measure the noise levels in a workspace. These include sound level meters, noise dosimeters, and octave band analyzers.

Noise may be a problem in your workplace if you:

- * Hear ringing or humming in your ears when you leave work.
- * Have to shout to be heard by a coworker an arm's length away.
- * Experience temporary hearing loss when leaving work.

The National Institute for Occupational Safety and Health (NIOSH) Sound Level Meter App is one tool available to the public to download on mobile iOS devices that measures sound levels in the workplace and provides noise exposure parameters to help reduce occupational noise-induced hearing loss.