

# Hearing Conservation – Landscaping Meeting Kit



## WHAT'S AT STAKE

Landscaping work often involves the use of noisy equipment such as lawnmowers, chainsaws, leaf blowers, and other power tools. Prolonged exposure to these high noise levels can lead to permanent hearing loss, tinnitus (ringing in the ears), and other hearing-related issues.

## WHAT'S THE DANGER

The dangers associated with noise exposure in landscaping are significant and often underestimated. Understanding the risks is essential for protecting hearing and ensuring a safe work environment.

### Specific Risks

#### 1. Noise-Induced Hearing Loss (NIHL)

- **Loud Equipment:** Common landscaping tools such as lawnmowers, chainsaws, and leaf blowers can produce noise levels exceeding 85 decibels (dB). Prolonged exposure to noise levels above 85 dB can cause permanent hearing loss.
- **Cumulative Damage:** Unlike a sudden injury, hearing loss due to noise exposure is cumulative. This means that even moderate noise levels, over time, can gradually damage hearing if proper protection is not used.

#### 1. Tinnitus

- **Chronic Ringing:** Tinnitus, or ringing in the ears, is a common symptom of hearing damage caused by noise exposure. It can be constant or intermittent and may vary in severity, but once it develops, it is often permanent and can be debilitating.

#### 1. Communication Difficulties

- **Impaired Communication:** Hearing loss makes it difficult to communicate effectively with coworkers, which can lead to misunderstandings, missed warnings, and increased risk of accidents on the job site.
- **Isolation:** Workers with hearing loss may feel isolated or disconnected from their team, impacting morale and teamwork.

# HOW TO PROTECT YOURSELF

To effectively protect hearing in landscaping, take proactive steps at the individual and organizational levels.

## Personal Protective Measures

### 1. Use Hearing Protection

- **Earplugs:** Foam earplugs are inexpensive, disposable, and effective at reducing noise levels by 20-30 dB when properly inserted. They are ideal for use with noisy equipment like lawnmowers and leaf blowers.
- **Earmuffs:** Earmuffs provide a good seal around the ear and can reduce noise by up to 30 dB.
- **Custom-Fit Protectors:** Custom-molded earplugs offer a personalized fit and can be more comfortable for long-term wear. They are particularly useful for workers who are exposed to high noise levels regularly.

### 1. Proper Fit and Usage

- **Correct Insertion:** Ensure earplugs are inserted properly to achieve maximum noise reduction. Roll the earplug between your fingers to compress it, insert it into your ear canal, and hold it in place until it expands.
- **Seal Integrity:** Make sure earmuffs create a full seal around your ears without gaps. Adjust the headband to ensure a snug fit that won't slip during work.
- **Consistent Use:** Always wear hearing protection in noisy environments, even for short tasks. Removing your hearing protection for even a few minutes can result in significant exposure to harmful noise levels.

## Workplace Measures

### 1. Noise Monitoring

- **Measure Noise Levels:** Identify areas or tasks where noise exceeds 85 dB and require hearing protection.
- **Identify High-Risk Tasks:** Focus on high-risk tasks such as operating chainsaws, mowers, and other power tools, and ensure that workers in these areas are provided with and use appropriate hearing protection.

### 1. Engineering Controls

- **Maintain Equipment:** Regular maintenance of equipment can reduce noise levels. Sharpen blades, lubricate moving parts, and replace worn-out components to minimize noise.
- **Quieter Equipment:** Use newer or quieter models of equipment that produce lower noise levels.

### 1. Administrative Controls

- **Job Rotation:** Rotate workers between high-noise and low-noise tasks to minimize individual exposure time.
- **Enforce Breaks:** Ensure that workers take regular breaks away from noisy environments.

## Training and Awareness

### 1. Education on Hearing Protection

- **Regular Training:** Provide regular training sessions on the importance of

hearing conservation, proper use of hearing protection, and the risks of noise exposure.

- **Awareness Campaigns:** Use posters, signs, and reminders in high-noise areas to reinforce the importance of wearing hearing protection.

### **1. Hearing Tests and Monitoring**

- **Baseline and Regular Testing:** Conduct baseline hearing tests for all workers and provide regular follow-up tests to monitor any changes in hearing ability.
- **Follow-Up:** If hearing tests show a decline in hearing ability, provide additional training, and review the effectiveness of current hearing protection measures.

## **FINAL WORD**

Hearing conservation is a vital part of workplace safety in landscaping. The noise from equipment may be unavoidable, but the damage to your hearing is preventable.