








Safe Working

Hearing Protection





Take Care of Yourself

Hearing damage is irreversible. Prolonged exposure without protection can lead to permanent injury.

When to Wear Hearing Protection?

 <p>Mandatory above 85 dB(A).</p>	 <p>When communication within 1 metre is only possible by raising your voice.</p>	 <p>During prolonged use of machines and tools that cause elevated noise levels.</p>	 <p>During assembly and disassembly of structures (such as trusses, barriers, scaffold tubes), including short peak loads.</p>	 <p>In public areas in production environments with a sound pressure of 80 dB(A) during prolonged exposure (> 1-2 hours per shift).</p>
 <p>When working at or near a stage and/or speakers.</p>	 <p>At or near tasks involving prolonged high sound pressure, such as cleaning work with leaf blowers.</p>			

Types of Hearing Protection

 <p>Ear defenders must fully enclose your ears. Wear the headband upward and ensure the foam is not worn out.</p> <p>Use High peak sounds & short-duration work.</p>	 <p>Custom-moulded earplugs. Have the fit checked annually.</p> <p>Use During prolonged noise exposure.</p>	 <p>Earplugs reduce sound when inserted correctly. These earplugs are for single use only.</p> <p>Use During prolonged exposure. Ensure correct insertion for optimum protection.</p>	 <p>These earplugs can be used multiple times. Rinse them thoroughly after use.</p> <p>Use During prolonged exposure. Ensure correct insertion for optimum protection.</p>
--	---	---	--

Sound Pressure and Hearing Damage

No earplugs? Report this to your supervisor.

How loud?	When is hearing damage at risk?	Example location
• 110DB +	Direct!	Dance event, popconcert
• 100DB	After 5 minutes	Dance event, popconcert
• 95DB	After 15 minutes	Dance event, popconcert
• 92DB	After 30 minutes	Tapping trusses
• 85DB	After 2.5 hours	Public area

In Brief

- From 80 dB(A): Wear hearing protection during prolonged exposure (longer than 1-2 hours).
- From 85 dB(A): Wearing hearing protection is mandatory.
- No earplugs? Report this to your supervisor.