Noise Exposure on the Rozelle Interchange Project

Rozelle Interchange
WestConnex
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Prolonged exposure to loud noise has the potential to damage your hearing and can also have other negative effects such as; reduced productivity, inability to understand speech or communication issues, irritability, sleeping problems and negative psychological effects. Noise exposure is shown to be responsible for increased likelihood of developing depression and/or anxiety.

Health effects associated with noise:

- Temporary or permanent hearing loss (i.e. Noise Induced Hearing Loss)
- Tinnitus (constant ringing in ears)
- Physical and psychological stress

80-85 db (A)	more than 85 db (A)
If noise is between 80-85dB (A) averaged over 8 hours, **workers are advised to wear hearing protection.**	If noise is above 85dB (A) averaged over 8 hours, **workers must wear hearing protection.**

Controls for noise exposure:

- Use noise barriers for temporary works or enclose noise source
- Increase the distance between other workers and the noise source or move noise generating tasks/equipment such that they are not near one another
- Schedule noisy tasks for when other workers are on break / schedule respite hours into day
- Invest in quiet or quieter equipment to undertake the task
- Place rubber mats between vibrating equipment and other hard surfaces
- Maintain plant/equipment such that it does not become noisier than it should
- Place signage around the noisy work area to warn workers of the hazard/inform them of the need to wear hearing protection
- As a last resort hearing protection can be worn.

If you have to raise your voice to speak to someone who is a meter away it is likely that you are being exposed to noise that is higher than the workplace exposure standard. As a precaution you should wear hearing protection if you are going to be remaining in the area or continue to do the activity for more than 10 minutes.