

WCX3B – Noise awareness on surface sites

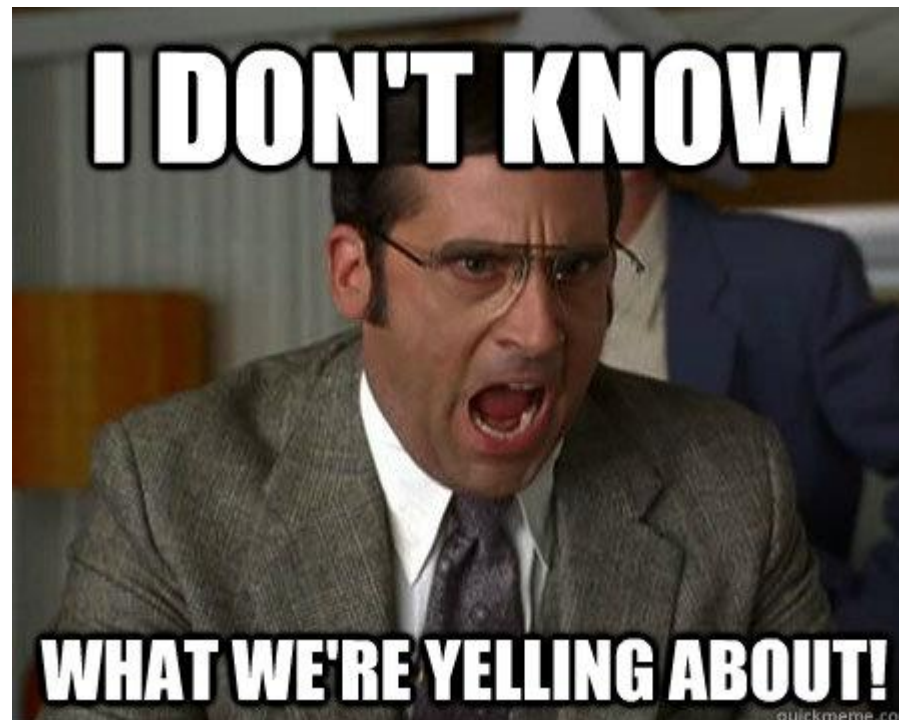
May 2021

Noise – Health effects

- Prolonged exposure to loud noise can damage a person's hearing and can also have other negative effects such as;
 - Reduced productivity
 - Inability to understand speech or communication issues
 - Can cause irritability
 - Sleeping problems
 - Negative psychological effects with noise exposure being 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 – NIHL)
 - Tinnitus (constant ringing in ears – can disrupt sleep/make you irritable)
 - Physical and psychological stress

How loud is too loud?

If you need to raise your voice to talk to someone who is a meter away you are probably being exposed to a noise level exceeding 85 dB(A) (and should wear hearing protection)



Who is most likely to be exposed to too much Noise?

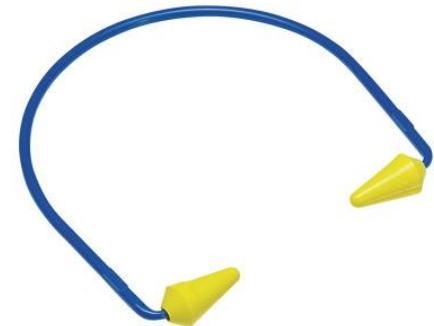
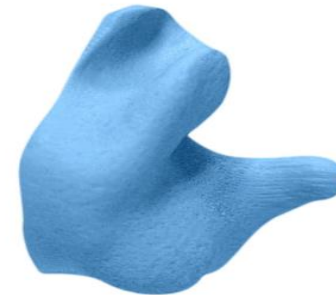
- Workers likely to be exposed to noise exceeding 85 dB(A) over an 8-hour equivalent time period:
 - Jackhammer operators (and other impact power tools – and other workers near these)
 - Scaffolders who are assembling, disassembling or altering scaffold
 - Workers near heavy plant, particularly excavators and piling rigs (and the plant operators – depends on plant and activity)
 - Workers using power tools (drills, saws, grinders etc – almost all trade quality power tools expose the user to noise well over 85 dB(A))
 - Compactor operators and workers near them
 - And may other things

Noise – Controls

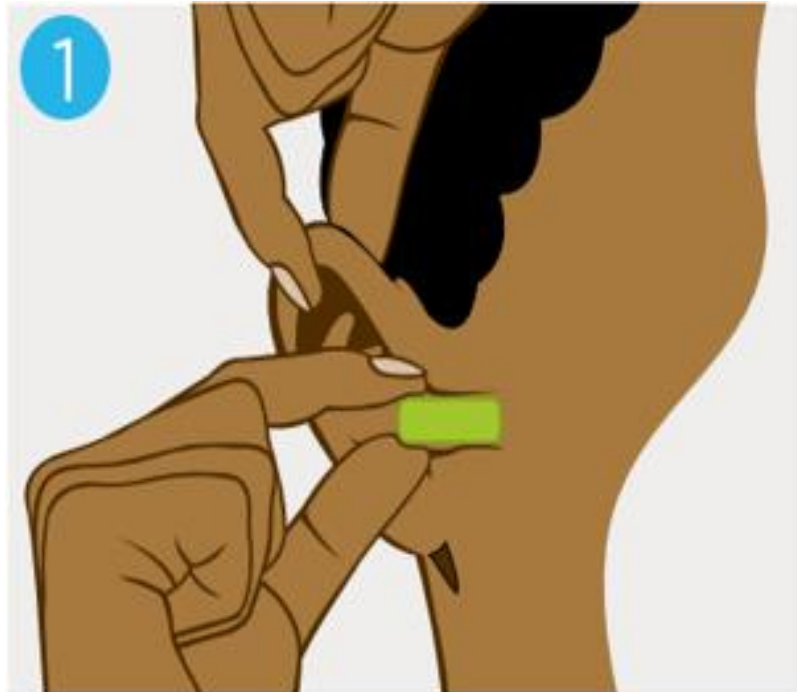
- Use quietest tool/plant/process that is suitable for job
- Use plant with enclosed cabins where possible, and keep doors closed/windows up in plant
- Use noise blankets/noise enclosures where possible/viable
- Build enclosures around noisy plant where possible (ventilation fans)
- Do audiometric testing on workers
- Respite hours (i.e. limiting the time workers are exposed) or rotate workers between noisy/quiet tasks
- Training/awareness, use signage to inform workers of risk and to delineate areas requiring hearing protection
- Wearing hearing protection when required
- Fit test hearing protection (when workers use disposable hearing protraction, not required if using moulded hearing protection)

Hearing Protection Available

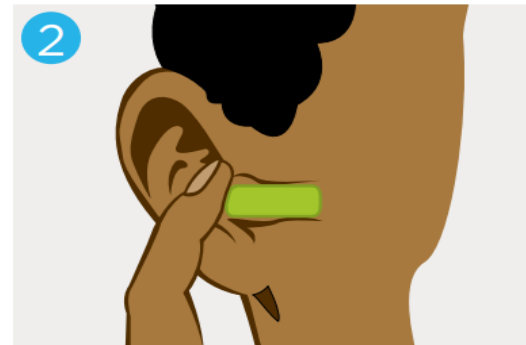
- There are many different types of hearing protection provided onsite
 - ✓ Earmuffs
 - ✓ Earplugs
 - ✓ Pre-moulded earplugs
 - ✓ Flat attenuating earplugs
 - ✓ Semi- insert plugs
- For workers exposed to:
 - ✓ Noise above 80 dB(A) (averaged over 8-hours) but less than 85 dB(A) – worker is advised to wear hearing protection (although is not mandatory)
 - ✓ Noise above 85 dB(A) (averaged over 8-hours) – workers must wear hearing protection



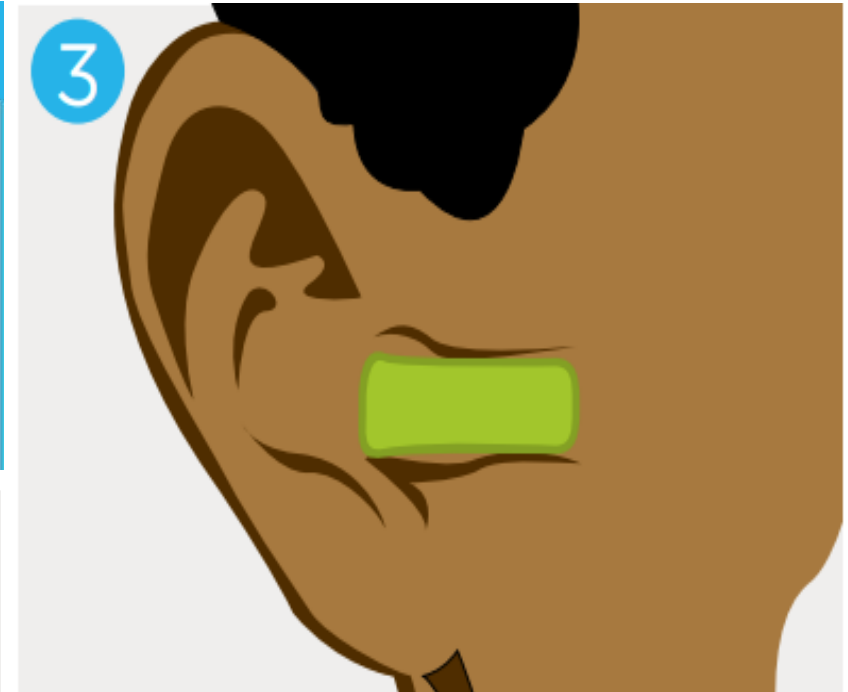
How to Use Your Earplugs Correctly



Reach over your head with a free hand, pull your ear up and back, and insert the earplug well inside your ear canal.



Earplugs should be inserted as shown in this drawing. Stop pushing earplug when your finger touches your ear.



If properly fitted, the end of the earplugs should not be visible to someone looking at you from the front.

Questions? Or Suggestions!

Rozelle Interchange & Western Harbour Tunnel Enabling works