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Listening Safety

Nearly all construction sites are filled with various sounds and noises. Each sound we hear is the result of an action of a worker using a tool or a piece of equipment.

In nearly every case, a tool or piece of equipment will signal its breakdown by a change in the normal operating sound.

Everyone on site should condition himself or herself to be able to pick up these advance warning signals even when wearing ear plugs or earmuffs. Your individual safety could easily be dependent on your ability to hear approaching danger.

Things Decreasing Listening Safety:

- Over concentration on work.
- Lack of sleep.
- Improper overeating habits.
- Use of alcohol or drugs. (both legal and illegal)
- Poor workplace ventilation
- Loud radios.
- Individual radio with ear plugs.

How to Improve Listening Safety Habits:

- Become acquainted with the proper operational sounds of equipment and tools.
- Listen closely to instructions.
- Ask questions if instructions are unclear or confusing.
- Stay alert.

Remember:

Although it may be easier to see danger than it is to hear it, your ears are able to perceive warning signals from all around you.

Your eyes are only good in the direction you are looking.

Fine tune your ears and you can fine tune your exposure to danger and injury.