



# WEEKLY SAFETY MEETING

## HEARING PROTECTION & RESPIRATORS

### Hearing Protection

Noise is loud, unwanted sound, which can have various undesirable effects on those exposed to it. The amount of noise generated by a particular activity— grinding, machinery clanking, jackhammers pounding, a boom-box running at full volume—is measured in decibels (dBA). OSHA’s hearing conservation standard provides for monitoring the decibel levels of noisy operations. When these exceed a specified level, a number of protections kick in. It sometimes seems that there’s more resistance to wearing hearing protection than any other type of personal protective equipment. One of the most common reasons given is that the workers don’t think they really need it. But hearing loss is so gradual, even in intense exposures, that by the time you realize that you can’t hear as well as you used to, the damage has been done and can’t be reversed. Hearing tests are performed annually on Winger employees to see if an individual has had a major shift in their hearing. If an individual has a Standard Threshold Shift (STS) that is an OSHA recordable. For your protection, wear your hearing protection on and off the job.

First efforts are made to reduce the noise itself, and when those controls are not sufficient to reduce the noise to a safe level, ear protectors of various kinds are to be provided and worn. These may be either earmuffs or earplugs of various designs. Winger provides a wide choice of hearing protection devices, at no cost to the employee, such as several different types of ear plugs, ear bands and/or ear muffs, etc. Good protection depends on a good seal between the surface of the skin and the surface of the ear protector. A very small leak can destroy the effectiveness of the protection. The devices work by reducing noise levels at the inner ear. Since they tend to work loose as a result of talking, chewing, and so forth, this is why protectors must be resealed from time to time during the workday. **Ear plugs must have the string attached and be secured to the hardhat per customer policies and federal food safety regulations.**

Here are some clues that point to a need for hearing protection:

- ✚ Having to speak in a very loud voice or shout directly into the ear of a person in order to be understood.
- ✚ Head noises and ringing in your ears at the end of the workday.
- ✚ Speech or music sounding muffled to you after you leave work, but fairly clear in the morning when you return to work.

Hearing protection **MUST** be worn:

- ✚ When noise levels exceed 85 dBA on an 8-hour time-weighted average.
- ✚ In all posted buildings and designated areas.
- ✚ When using hand or power tools that exceed 85 dBA., i.e. grinders, thread cutters, cutting torches, etc.
- ✚ If you have to raise your voice when talking to a person 2–3 feet away.
- ✚ Double hearing protection (e.g., earplugs and earmuffs) **MUST** be worn in areas where the noise exposure is 104 dBA or above.

### Respirators

Employees required to wear respirators **MUST** have the following:

- ✚ Pulmonary Function Test (PFT) and medically approval to wear a half mask or full face respirator every two years.
- ✚ Respirator Fit Test (RFT) for each type of respirator to ensure proper fit and protection annually.
- ✚ Respirator training (today's safety meeting).

#### General Respirator Safety

- ✚ **Approved respiratory equipment SHALL be worn when there is a potential exposure to harmful airborne particles, contaminants, vapors, fumes, or gases above established exposure limits or oxygen deficiencies in the work area. This is NOT a choice.**
- ✚ Winger supplies all respirator protection at no cost to Winger employees. Only trained and qualified employees will be allowed to wear respirators. Respirators and cartridges are selected by a hazard assessment according to NIOSH standards. Wear the correct respirator and cartridge for that particular hazard.
- ✚ **A full-face respirator or Powered Air Purifying Respirator (PAPR), or another approved respiratory system / full face protection such as supplied air, is required to be worn when performing a line break or welding tasks that has the potential of acids, corrosive chemicals, steam, welding fumes, etc. This is NOT a choice. A respirator doesn’t do you any good sitting in the bag off to the side of the work location.**
- ✚ **Facial hair is not permitted between the skin and the seal of the respirator’s facepiece or that interferes with the valve function. Employees MUST be clean shaven (no more than 24-hour growth) when wearing a respirator.**
- ✚ Wear only the type of respirator you have been fitted to use. For example, DO NOT wear a full-face respirator, if you have only been fit-tested for a half-mask respirator. PAPRs have positive air pressure blowing over the wearers face. These typically do not require PFTs or RFTs, be clean shaven, and do not fog over.
- ✚ **Inspect and clean the respirator according to manufacturer’s instructions before and after each use. Change cartridges between users. Thoroughly clean and dry it before storing.**
- ✚ **Check your respirator for a good fit. Positive and negative seal checks MUST be conducted before each use.**
- ✚ DO NOT use a defective respirator. Get another respirator to provide you the protection you need.
- ✚ **Store all respirators carefully in a clean, closed bag in a protected location away from excessive temperatures, excessive moisture, light, dust and chemicals.**
- ✚ The voluntary use of dust masks is encouraged whenever an employee desires to provide an additional level of comfort and protection from nuisance dust.
- ✚ If there is a significant change in workplace conditions or the physical condition of the user, a follow-up medical examination is needed.
- ✚ Employees MUST read and follow all instructions provided by the manufacturer on use, maintenance and care and all warnings regarding the respirator’s limitations.

Meeting Date: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Trainer: \_\_\_\_\_  
Location: \_\_\_\_\_

**Attendees: (Please print clearly)**

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_____	_____	_____
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_____	_____	_____



# WEEKLY SAFETY MEETING

## HEARING PROTECTION & RESPIRATORS QUIZ

1. Hearing loss is so gradual, even in intense exposures, that by the time you realize that you can't hear as well as you used to, the damage has been done and can't be reversed. True or False? \_\_\_\_\_
2. First efforts are to wear hearing protection PPE. True or False? \_\_\_\_\_
3. Hearing protection must be worn when:
  - A. When noise levels exceed 85 dBA on an 8-hour time-weighted average.
  - B. In all posted buildings and designated areas.
  - C. When using hand or power tools that exceed 85 dBA., i.e. grinders, thread cutters, cutting torches, etc.
  - D. If you have to raise your voice when talking to a person 2—3 feet away.
  - E. All of the above
 \_\_\_\_\_
4. It is ok to remove the string from ear plugs. True or False? \_\_\_\_\_
5. Several different types of hearing protection are provided at no cost to Winger employees. True or False? \_\_\_\_\_
6. Double hearing protection (e.g., earplugs and earmuffs) MUST be worn in areas where the noise exposure is \_\_\_\_\_ dBA or above.
7. Before you can wear respirators, you must have:
  - A. Medical Pulmonary function test every 2 years
  - B. Respirator fit test for each type of respirator you wear annually
  - C. Respirator training
  - D. All of the above
 \_\_\_\_\_
8. Respirators assure that the wearer gets sufficient oxygen but does not inhale:
  - A. Noxious dusts
  - B. Sprays, gases, fumes
  - C. Chemical vapors
  - D. All of the above
 \_\_\_\_\_
9. A full face respirator, PAPR, or supplied air is required for all line breaks whenever an employee could be potentially exposed to any chemical fumes/vapor or contact to the face. True or False? \_\_\_\_\_
10. It doesn't matter what respirator or cartridge is used. They are all the same. True or False? \_\_\_\_\_
11. Facial hair that comes between the sealing surface of the facepiece or that interferes with the valve function is not permitted. True or False? \_\_\_\_\_
12. If there is a significant change in workplace conditions or the physical condition of the user, a follow-up medical examination is needed. True or False? \_\_\_\_\_
13. Respirators do not have to be cleaned or cartridges changed between users. True or False? \_\_\_\_\_
14. Respirators of all types do not have to be stored in clean, closed bags. True or False? \_\_\_\_\_

**Printed Name:** \_\_\_\_\_ **Trained by:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Trained by Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Location:** \_\_\_\_\_