



May is Hearing Conservation Month

PROTECT YOUR HEARING! ONCE IT GOES, IT'S GONE!


SAFETY ALERT: LISTEN TO THIS!



Click the icon to watch the video, or go to:
<https://www.youtube.com/watch?v=9ty8EJP0dk>

WHAT IS TOO LOUD?

OSHA and NIOSH recommend staying under levels of 85 decibels over an 8-hour time-weighted average (TWA)

						
Normal Conversations	Heavy City Traffic	Operating Motorcycles	Operating Circular Saws	Headphones at Max Volume	Sirens and Alarms	Firecrackers and Firearms

60

85

95

100-105

105

120

150

Safety Tools & Resources

(Click a title to visit the website)



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



[The future of Safety Reporting and Statistics for the Army](#)



[Create & Manage your deliberate risk management worksheets online](#)

Safety Joke of the Month

Although they say, "safety is no laughing matter," with effective control measures implemented – it can be!



"If I was wearing my WHAT?"

If you are interested having your Safety joke published, please submit your joke and contact information to LTC Alexander Prezioso at: alexander.prezioso.mil@army.mil

Hearing Damage Prevention

**Eliminate or Prevent
Long-Term Exposure**

**Use sound barriers,
enclosures, and noise
dampening systems**

**Distance Your Self from
the Loud Noise**

**Job Rotation &
Scheduled Breaks**

**Wear PPE
(Last Line of Defense)**

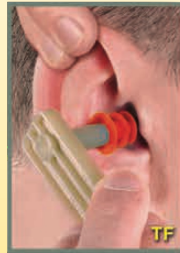
**Use Double Ear Protection
(Ear Plugs & Ear Muffs)**

Wear it Correctly

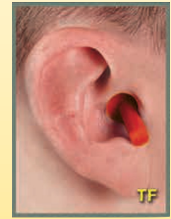
Step 1: Place the stem of the TF earplug into the seating device or firmly grasp the stem of the QF earplug



**Step 2: Gently push or twist
ear-plug into ear canal.**



**Step 3A: The last flange of the
TF earplug should be flush
with the ear canal opening.**



**Step 3B: The last flange of the QF
earplug may or may not be flush
with the ear canal opening.**



**Step 4: When inserted
correctly tension should
be felt when lightly
pulling on the stem.**

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