

TOOLBOX TALK:

Noise exposure health effects

Attendance Record

Site:		Date:	
Supervisor:			
Attendees:			

Health effects from noise exposure

Noise in the workplace can have serious health effects on those exposed to it, including;

- Physiological stress
- Hearing loss and tinnitus
- Interferes with communication (warning alarms)
- Sleep disturbance



Short-term health effects

- Acoustic trauma: exposure to noise sources such as gun fire/explosions, may be temporary or permanent
- Acoustic shock: may cause a temporary threshold shift (loss of hearing) as well as tinnitus (ringing in the ears), dizziness, head, face or neck aches
- Normally temporary but may become chronic, regulatory peak exposure level of 140dB is set to control these effects
- Risk factors: intensity and frequency of noise source and duration



Long-term health effects

- Hearing loss: generally, through damage to hair cells in the cochlea. 40 -50% of the hairs cells can be lost before hearing loss is perceived
- Tinnitus: ringing in the ears
- Possible link with high blood pressure, cholesterol and heart disease
- Exposure standard of 85dBA over an eight hour day, forty hour week is set to control these effects



Health monitoring

- For workers exposed to daily noise levels over 85dBA, audiometric testing under the guidance of a health practitioner should be undertaken
- Cholesterol and blood pressure assessments should also be included
- Higher levels of control are preferable to the use of personal hearing protection

