Subject Overview: As some of our roles may expose us to on-the-job noise, the NFTA has a written Hearing Conservation Program in place. The program outlines workplace controls that aid in protecting employees from a loss in hearing. Excessive and continuous exposure to levels above 85 dB noise exposure can cause both temporary and permanent changes in hearing sensitivity. Repeated exposures over time can result in hearing loss, physical and psychological disorders, and interference with speech and communication. Our first lines of defense are always substituting equipment for safer (quieter) alternatives, introducing engineering controls, or even implementing administrative controls, but when those options are not available, employees must rely on personal protective equipment (PPE) to reduce exposures.

If enrolled in the NFTA Hearing Conservation Program, always understand your responsibility to:
1. Attend the annual required training;
2. Review the written Hearing Conservation Program, which can be accessed through the shared company drive or supervision;
3. Know which equipment and work areas require hearing protection. Obey any posted signs that indicate hearing protection is necessary;
4. Know your options! Ear plugs, canal caps, and ear muffs aid in hearing protection, but cotton or headphones do not!
5. Use hearing protection properly to protect from damage. Consider the other personal protective equipment required to perform your task and ensure the items do not interfere with each other;
6. Dispose of single use ear plugs daily. For long-term options, store properly and discontinue use if broken. Replace immediately!
7. Attend annual required hearing testing and follow up if necessary.

Wear hearing protection when utilizing the following (but not limited to) equipment or when accessing “Hearing Protection Required” designated areas:

<table>
<thead>
<tr>
<th>Circular Saw</th>
<th>Power Washer</th>
<th>Air Powered Hand Sander</th>
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<tbody>
<tr>
<td>Snow Blower</td>
<td>Lawn Mower</td>
<td>Riding Floor Cleaner</td>
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← PPE Galore! Michael Haniszewski from the Cold Spring Body Shop is practicing sound safety with ear muffs, safety glasses, and gloves.