

# SAFETY THEME

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC., – A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

The Safety Theme program is designed to help you get an important safety message across to all employees in a simple-to-use format that can be completed each month.

## Monthly Poster Theme

Make copies and post them wherever you will get the most impact.



## Training Calendar

### Safety Coordinator I (8:00 am to noon)

#### Introduction to Local Government

|                          |           |
|--------------------------|-----------|
| Gainesville, Hall County | July 14   |
| Macon-Bibb County        | August 10 |

### Safety Coordinator II (8:00 am to noon)

#### Accident/Incident Investigation & Audits/Inspections

|                          |           |
|--------------------------|-----------|
| Gainesville, Hall County | July 14   |
| Macon-Bibb County        | August 10 |

### Safety Coordinator III (8:00 am to noon)

#### Workplace Hazard Analysis & Motor Fleet Safety

|                          |           |
|--------------------------|-----------|
| Gainesville, Hall County | July 15   |
| Macon-Bibb County        | August 11 |

### Work Zone Safety Training

|                             |           |
|-----------------------------|-----------|
| Cartersville, Bartow County | July 28   |
| Gainesville, Hall County    | July 29   |
| Tifton, Tift County         | August 18 |
| Statesboro, Bulloch County  | August 19 |
| Macon-Bibb County           | August 20 |

## Safety Theme Article

The article expands on the poster message for the month. Make copies and hand them out to each meeting participant.

### In This Issue:

Participant Sign-In Sheets: Use the sign-in sheet to document your safety training.

#### Suggested Agenda for the Monthly Safety Meeting:

- > Assemble the participants.
- > Hand out copies of the article and pass around the sign-in sheet.
- > Read the Safety Theme aloud.
- > Discuss aspects of the theme relevant to the department, with examples. Ask for ideas and encourage participation.



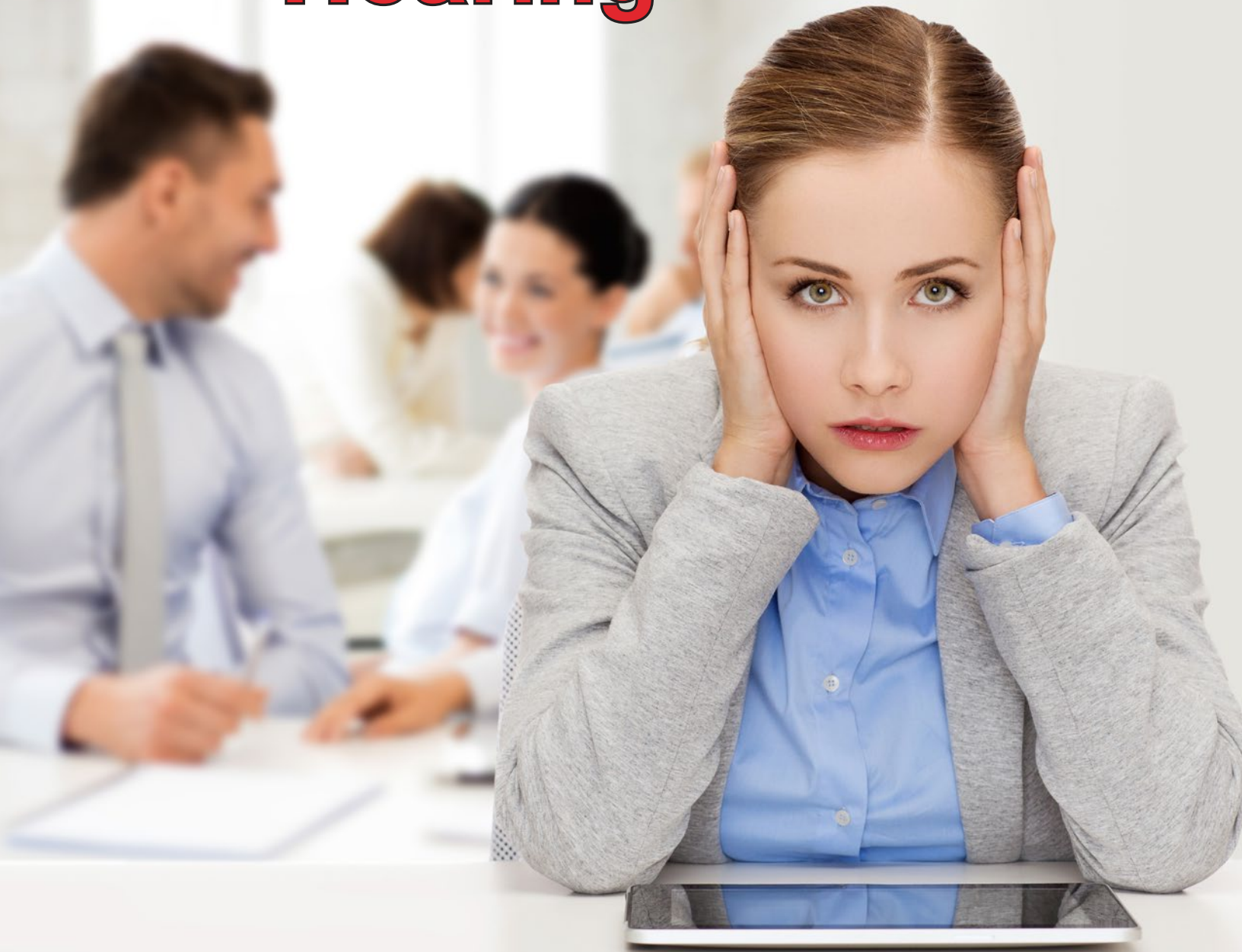
**LGRMS**  
**RISK CONTROL**  
**ACCG | GMA**

June 2020

# **SAFETY THEME**

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC., – A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

## **Protect Your Hearing**



# Hearing Safety

By Vincent Scott, LGRMS Loss Control Representative

Hearing loss is one of the most commonly unrecognized disabilities in the United States. According to the National Institute for Occupational Safety and Health (NIOSH), thirty million workers experience some type of hazardous noise levels while on the job. Generally there are no warning signs for hearing loss, which means practicing workplace hearing safety can help prevent these problems from occurring.

Offices are rarely subject to unsafe noise levels, but ambient noise can cause discomfort and impact job performance. By using a combination of layouts, such as private offices, cubicles, and shared open spaces, noise and sound can be managed to achieve conditions that are acceptable to most workers.

While it seems like a simple solution, blocking out the noise with headphones can be hazardous. Headphones can limit workers' ability to hear alarms critical for safety and security. They can also impair vital communication among others in the office by blocking out voices.

NIOSH also reports exposure to noise levels of 85 dBA and higher for more than eight hours in a day can cause damage to your hearing. Mowers, trimmers, chainsaws, and other outdoor power equipment can expose you to dangerous noise levels and damage your hearing over time.

## Sound Levels of Common Outdoor Power Equipment

- Lawnmower: 90 dB
- Weed trimmer: 97 dB
- Leaf blower: 99 dB
- Hedge trimmer: 103 dB
- Chainsaw: 110 dB

Psychological problems associated with hearing loss

include stress, anxiety, and anger. When an employee suffers from stress, it can cause both mental and physical distractions, resulting in inattentiveness and a lack of concentration that can impair judgment. Some reports show hearing loss may also cause anxiety, which has a negative effect on the cardiovascular system as well as long- and short-term memory.

## Tips for Hearing Protection

- Hearing protection such as earplugs and earmuffs reduces the volume of sounds, which can protect you from hearing loss.
- Limit exposure. If you work in an area surrounded by loud noises at work, be sure to take frequent breaks. If you work in an office, you could still be at risk.
- Check with your organization about policies and procedures for noise exposures to protect your hearing.

Regular hearing exams are the best way to monitor your hearing. The American Speech-Language-Hearing Association state that adults ages 18-40 years old should have their hearing tested every 3-5 years. We can damage our hearing without knowing it. Some warning signs may be buzzing or ringing in the ear and trouble hearing others.





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A Service Organization of the Association County Commissioners of Georgia and the Georgia Municipal Association

***This Issue:***

# ***Hearing Loss Prevention***

