

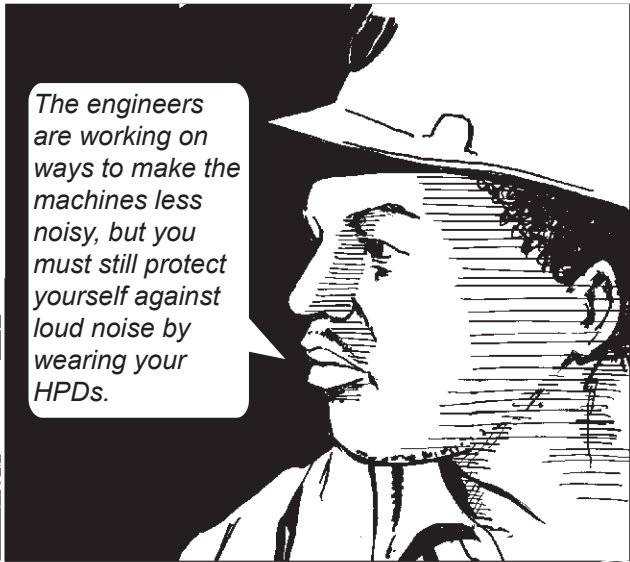
Make safe your ears



WORK SMART AND WORK SAFE - PROTECT YOUR HEARING



*On the mines we work hard, but we also need to work smart. Working smart means working safe by using our PPE to protect ourselves against the hazards. There is one hazard that some people do not protect themselves against and that is **LOUD NOISE!** Loud noise will damage any person who does not use Hearing Protective Devices or HPDS to protect their hearing.*



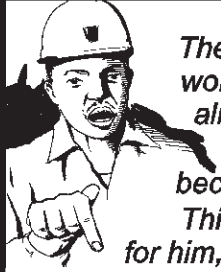
The engineers are working on ways to make the machines less noisy, but you must still protect yourself against loud noise by wearing your HPDs.

7



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BAD HEARING CAUSES PROBLEMS....



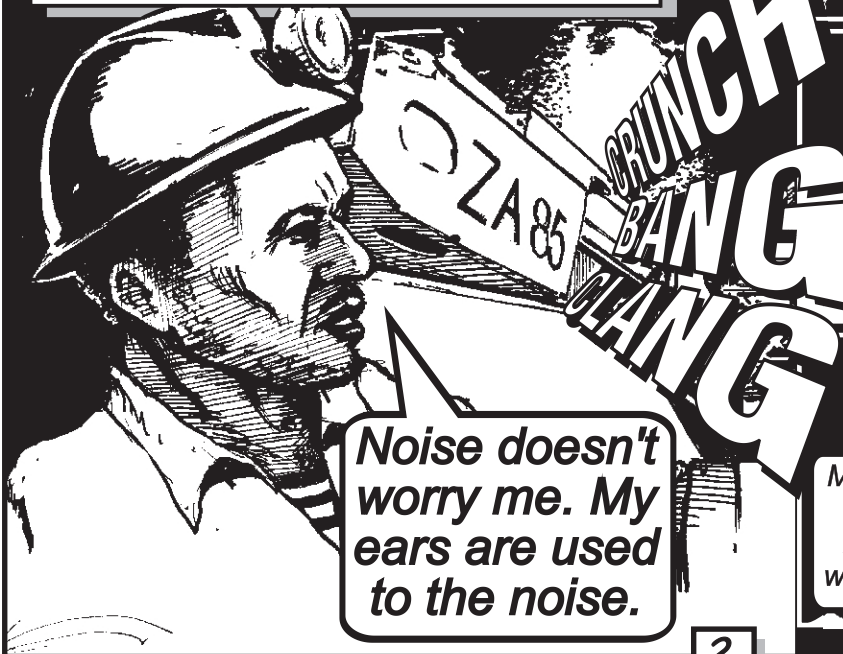
This man is not working smart. The reason why the noise doesn't worry this man is because he has already lost some of his hearing. His hearing is getting bad because he does not wear HPDs. This is now causing big problems for him, both at work and with friends.



Why don't you use your HPDs? Now your hearing is so bad that you cannot hear me!



I wish I could hear what they are saying.

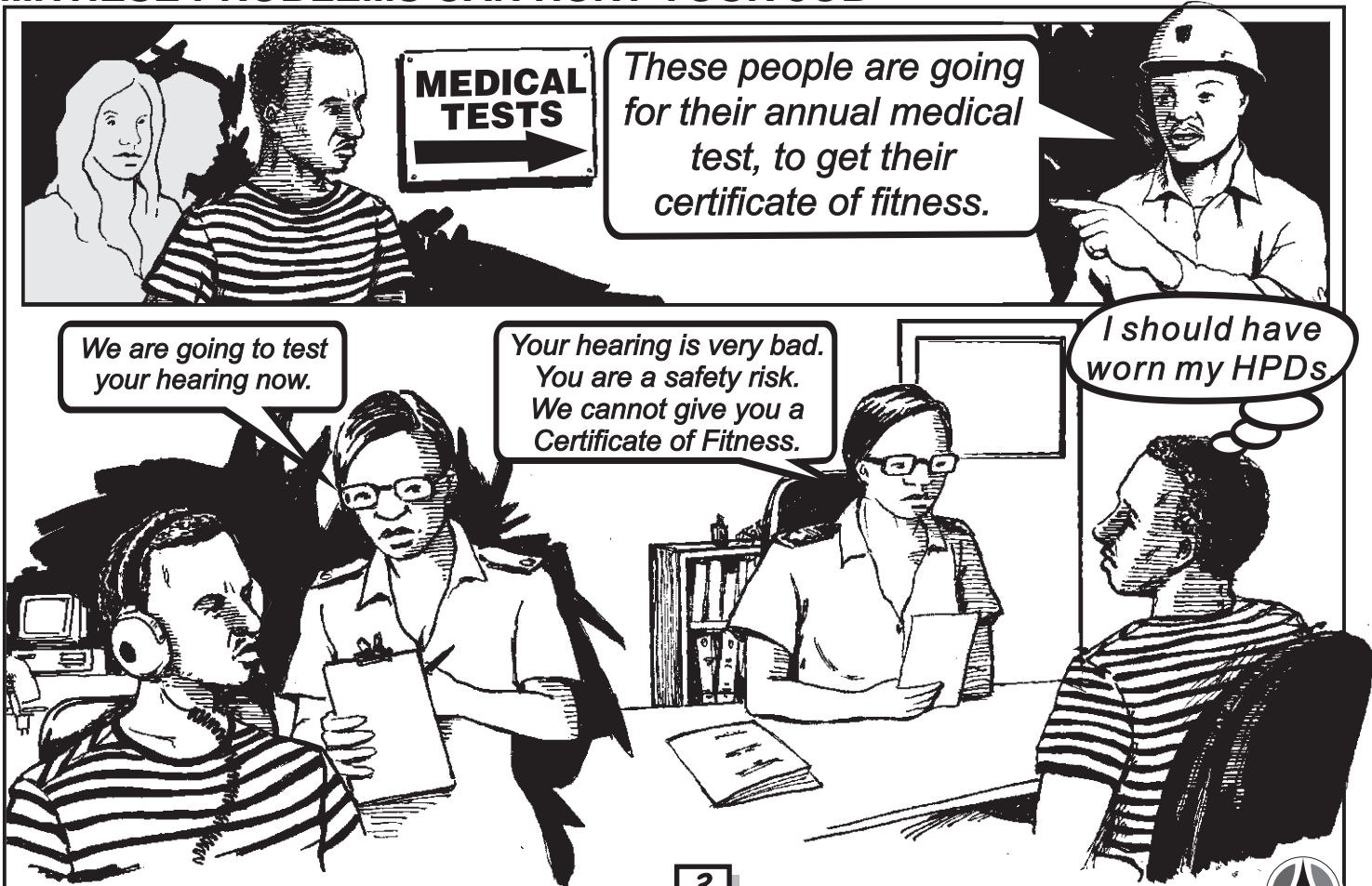


2



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....THESE PROBLEMS CAN HURT YOUR JOB



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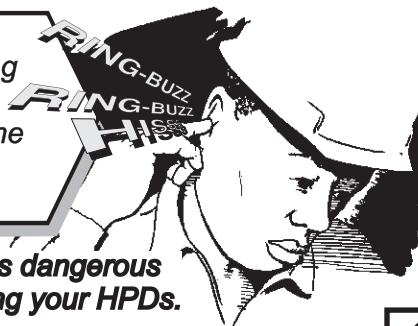
HOW TO RECOGNISE DANGEROUS NOISE



How can I tell if the noise is loud enough to damage my ears?

There are three different ways to know if the noise is loud enough to be dangerous.

3 Also, if you hear ringing or buzzing sounds inside your ears after the shift, the noise was too loud.



Wherever the noise is dangerous you should be wearing your HPDs.

1 First of all, wherever you see this blue and white warning sign, the noise is dangerous.



2 Another way to know if the noise is dangerous is when people must shout to hear each other.



4



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HPDs CAN HELP YOU HEAR BETTER IN THE NOISE

Where the noise is loud, HPDs can help you to hear and understand what other people are saying to you.

Do you need help moving this timber into the stope?

*Eesh!
This work is too hard for just one man.*

This worker could have had help if he heard what the supervisor was saying to him. HPDs can block out the machine noise and let in people's voices.



5



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CAN A HEARING AID FIX-UP THE DAMAGE IN MY EARS - **NO!**

If I go deaf from the noise the mine will get me a hearing aid to fix the problem.

A hearing aid can help a person to hear a bit, like crutches can help a person with a broken leg to walk, but not as well as someone who can walk without crutches.

And unlike a broken leg, ears that have been damaged by noise cannot be healed. The person will never be able to hear properly again, even with a hearing aid.

What is your name?

???
I wish I could hear what she said!

*Chiela.
Hamba Khaya.*

*ie a.
Mamba
aya.*

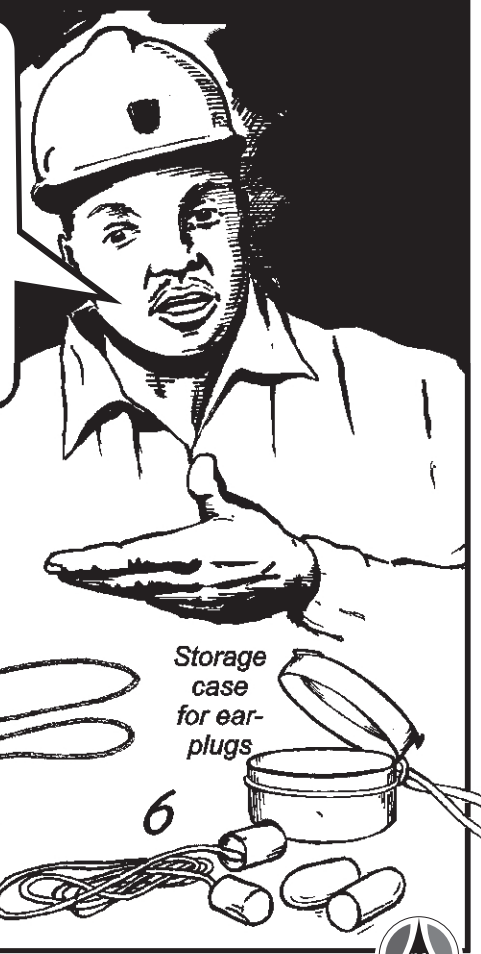


DIFFERENT TYPES OF HPDs

Because there are so many different people on the mine doing different jobs in different workplaces, there are different kinds of HPDs. For some jobs earmuffs are better. But for people who do hard work, especially in hot workplaces, earplugs are better. And earplugs give the same kind of protection as earmuffs if they are fitted into the ears correctly.

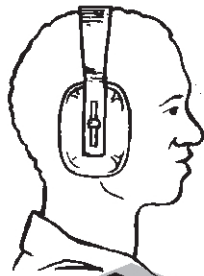
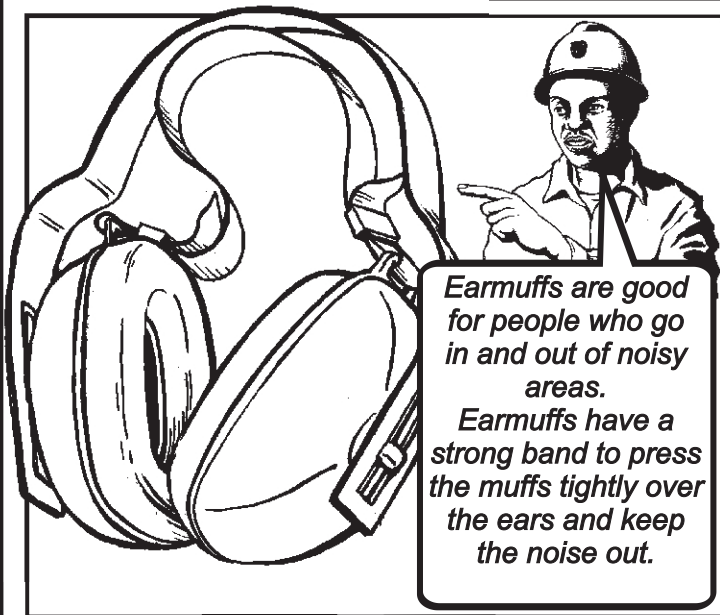
These are some of the more popular types of HPDs:

- 1. Earmuffs with head strap**
- 2. Band-mounted earplugs**
- 3. Moulded earplugs with handles**
- 4. Moulded earplugs, no handles**
- 5. Custom-moulded earplugs**
- 6. Unmoulded earplugs, with & without cord**

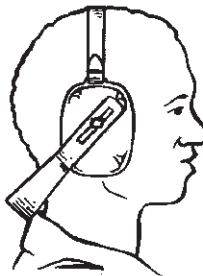


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EARMUFFS



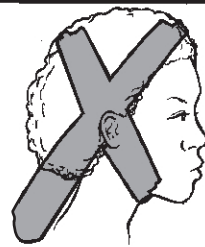
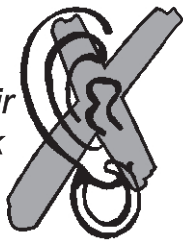
1
If you do not wear a hardhat, put the strong band behind your head and the top of your head.



2
If you do wear a hardhat, put the strong band behind your head and the thin strap over the top of your head. Then put on your hard hat.



Earmuffs do not work well for people with large earrings, long hair or glasses or who work hard in hot and humid areas.

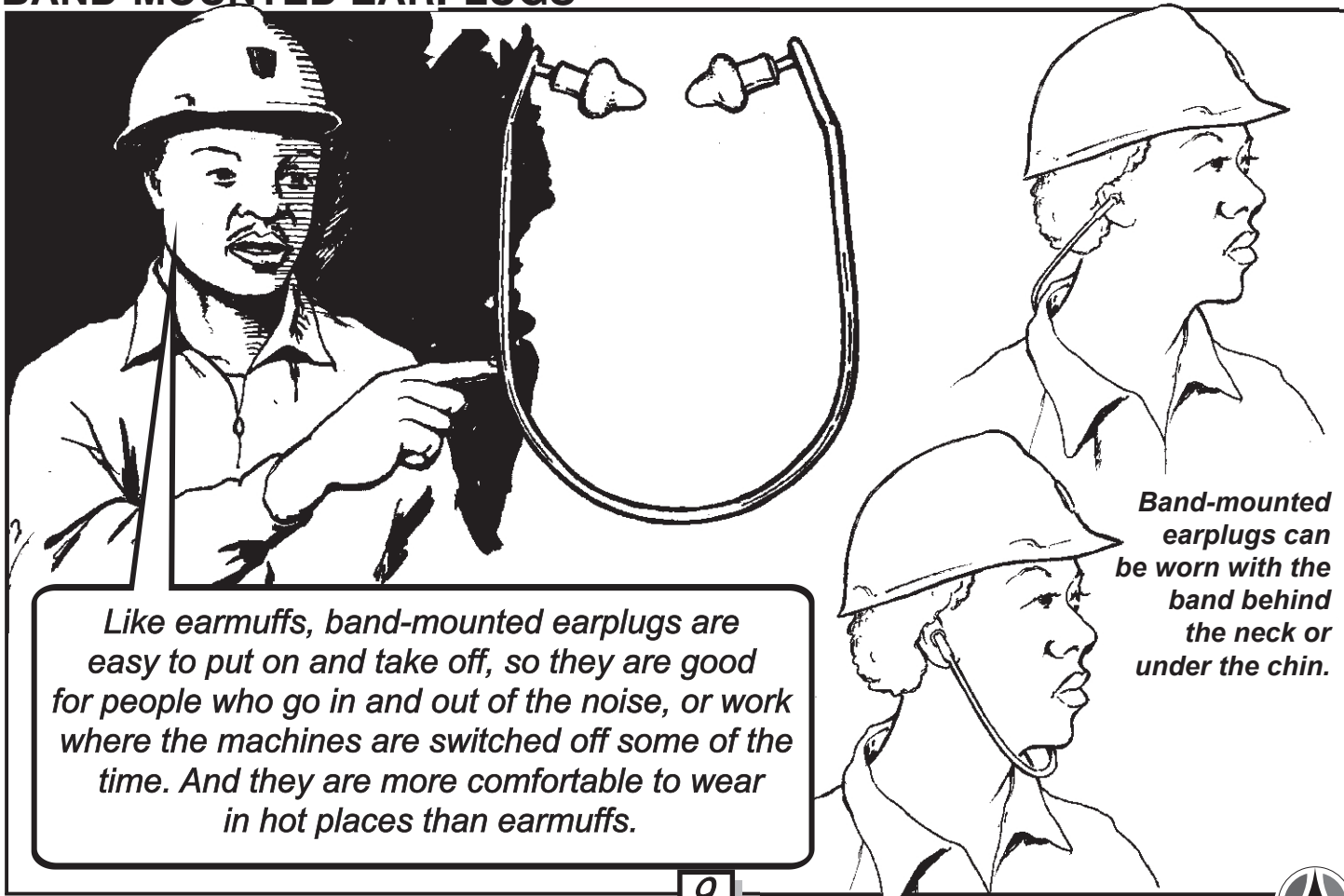


8



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BAND-MOUNTED EARPLUGS



Like earmuffs, band-mounted earplugs are easy to put on and take off, so they are good for people who go in and out of the noise, or work where the machines are switched off some of the time. And they are more comfortable to wear in hot places than earmuffs.

Band-mounted earplugs can be worn with the band behind the neck or under the chin.



FITTING AND CARING FOR RE-USABLE EARPLUGS

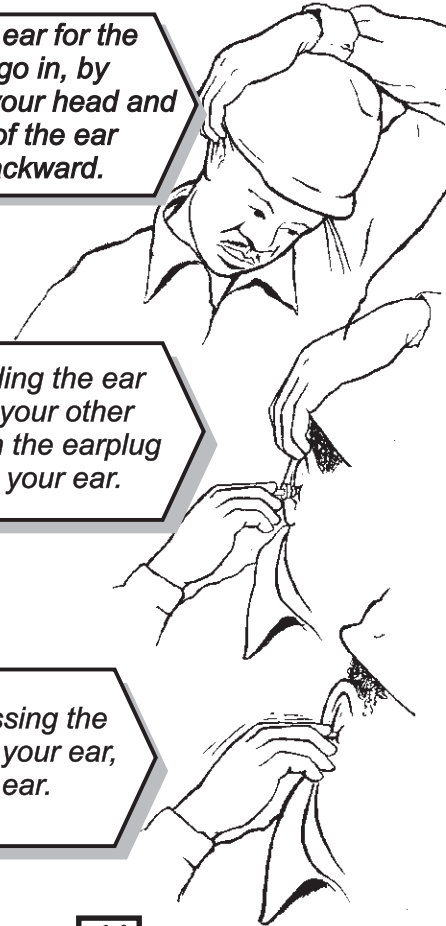


This is a pre-moulded or re-usable earplug with a little handle that makes it easier to push into the ear. The handle also helps to stop dirt on the fingers from getting onto the earplug.

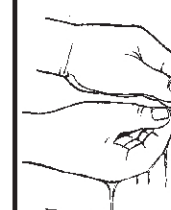
1 *Open your ear for the earplug to go in, by reaching over your head and pulling the top of the ear outward and backward.*

2 *While holding the ear open, use your other hand to push the earplug firmly into your ear.*

3 *While pressing the earplug into your ear, let go of your ear.*



To avoid problems with your ears, these earplugs must be kept clean.

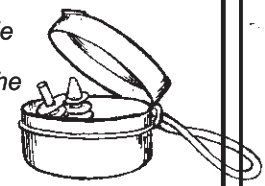


After each shift wash the earplugs with soapy water and rinse off all the soap.



Dry the plugs with a clean towel or tissue

Put the plugs inside their case, ready for the next shift.



FITTING UNMOULDED EARPLUGS



If you use the kind of earplugs that are not shaped to fit your ears, you need to shape them with your fingers before putting them into your ears.

1 First, make certain your fingers are clean, so you don't make the earplugs dirty.



3 Open your ear for the plug to go in by reaching over the top of your head and pulling the ear outwards.

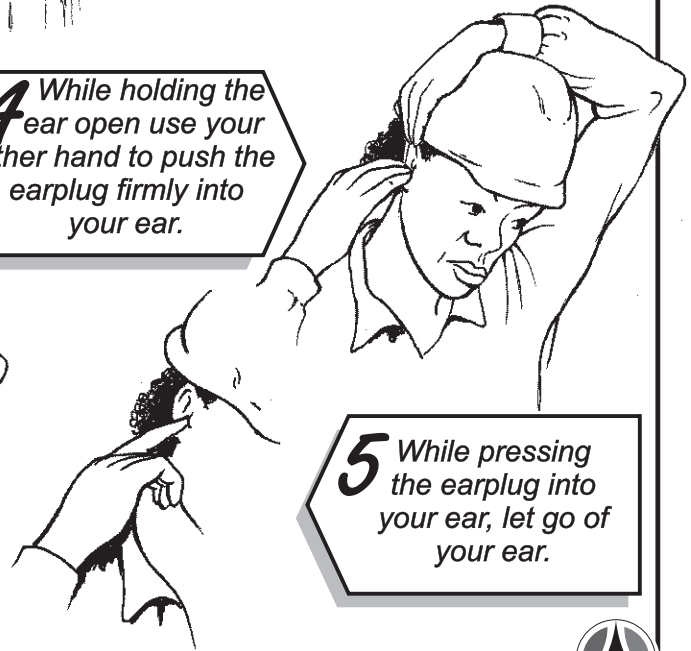


11



2 Then use your thumb and finger to roll the earplug into a thin "sausage" shape.

4 While holding the ear open use your other hand to push the earplug firmly into your ear.

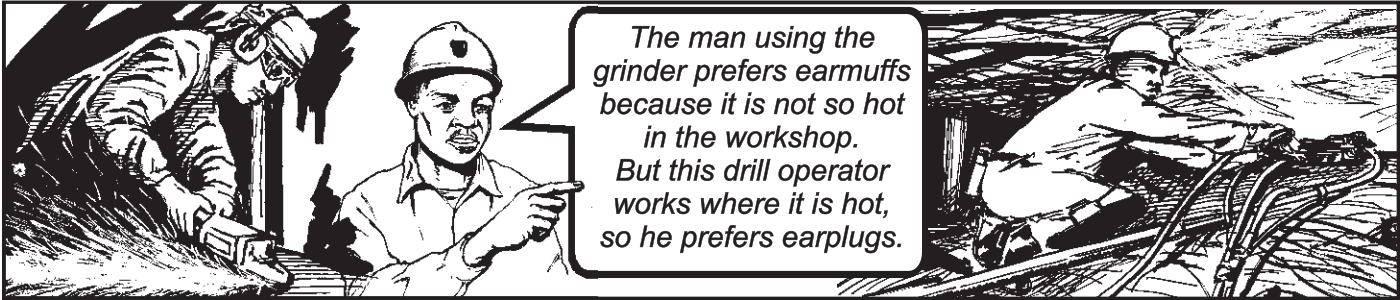


5 While pressing the earplug into your ear, let go of your ear.

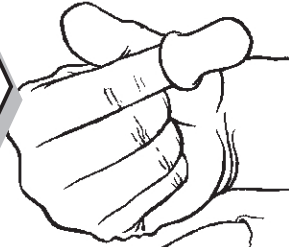


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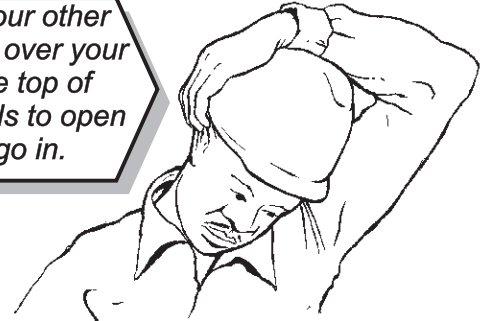
YOUR CHOICE OF HPDs DEPENDS ON WHERE YOU WORK



1 To fit this type of plug, hold it on the end of your finger.



2 Then with your other hand, reach over your head and pull the top of your ear outwards to open it for the plug to go in.



3 While holding the ear open, push the earplug firmly into your ear.



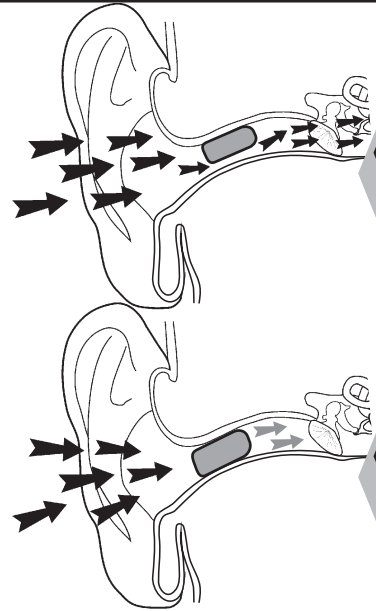
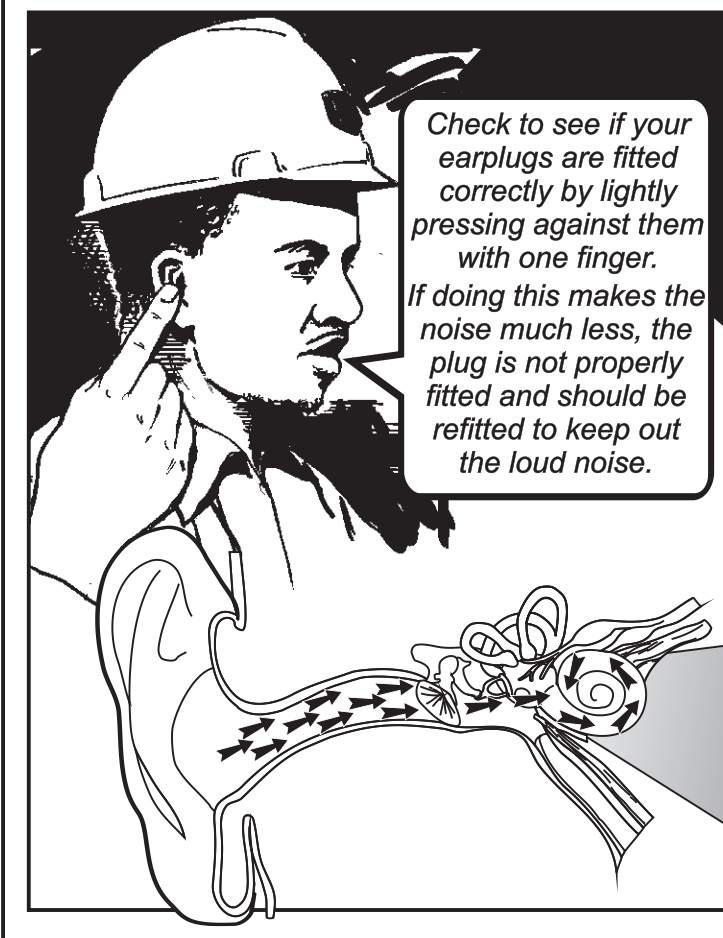
4 Finally, while pressing the earplug into place, let go of the top of your ear.



Always remember to keep your earplugs clean.

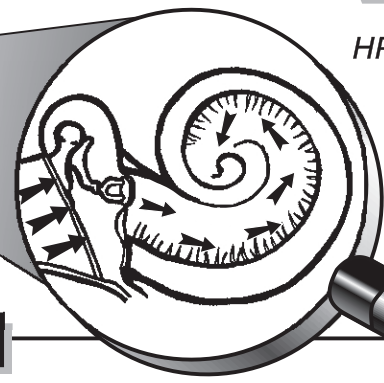


FOR EARPLUGS TO PROTECT YOU, THEY MUST FIT PROPERLY



X A badly fitted earplug lets the loud noise into your ear. This can cause damage and loss of hearing.

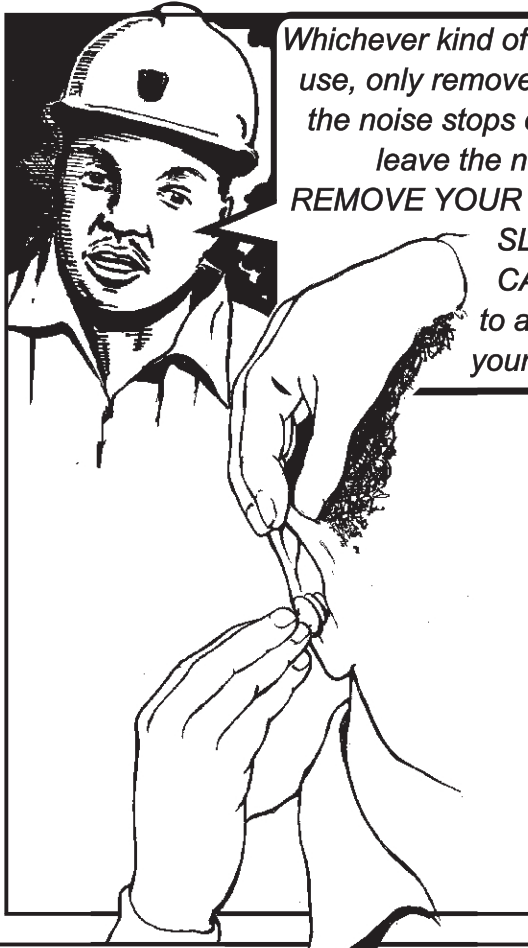
✓ A properly fitted earplug blocks out most of the machine noise while letting in most of the speech and signal sounds.



HPDs will stop the loud noise from damaging these tiny hair-like nerves inside your ears.



SAFETY RULES FOR EARPLUGS



Whichever kind of earplugs you use, only remove them when the noise stops or when you leave the noisy area.

REMOVE YOUR EARPLUGS SLOWLY AND CAREFULLY to avoid hurting your ears.



To avoid discomfort caused by differences in air pressure, slightly loosen your ear plugs before opening ventilation doors or travelling in the cage.



DO NOT wear your earplugs if you get an infection or a sore inside your ears. Have the problem seen to at the Medical Station. **KEEP YOUR EARPLUGS CLEAN!**

Report any noise that is louder than usual to your Health & Safety Representative!



14



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To Hear Or Not To Hear



The Choice Is Yours!

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