

Hearing Conservation Education & Training



University of Minnesota
Midwest Center for Occupational Health and Safety

Without proper
training,
any hearing
protector that
can be worn
wrong, will be
worn wrong



Does Training Work?

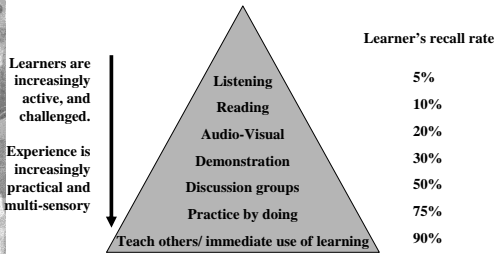
- Training improves effectiveness of hearing protector fitting
- Group vs. individual training
 - No measurable difference in knowledge gained, *but*
 - Individually trained workers demonstrate more of desired behaviors

Joseph, 2007

Active learning

A process whereby learners are actively engaged in the learning process, rather than "passively" absorbing lectures.

The Learning Pyramid



From The National Training Laboratories (U.S.)

Brainstorm

- Active learning methods for teaching:
 - Effect of Noise on Hearing
 - Audiometric Testing
 - Hearing Protection
 - Noise Controls



Getting Workers' Attention

- Make it personal
- Get them thinking about how damage to ears will affect them personally
- Use simulations to make it more real

Focus on Relationships

- How does hearing loss affect our relationships?
 - Family & friends
 - Society
 - Culture



What's the Big Deal About Ear Damage?

- Tinnitus
- Garbled conversation
- Distorted music
- Hypersensitivity to loud sounds

ARE YOU OK WITH THAT?

Tinnitus

- Ringing or buzzing
 - Listen for yourself
 - Tinnitus demo from Oregon Health Science U
www.hearingconservation.org/rs_educResources.html
- Distraction
- Sleep interference

ARE YOU OK WITH THAT?

Garbled Conversation

- Listen for yourself
 - Free Hearing Loss Simulation from NIOSH
www.cdc.gov/niosh/mining/
- Words are loud enough but not clear
- Background noise makes it worse
- Hearing loss gets worse with age

ARE YOU OK WITH THAT?

Distorted Music

- Free “music meltdowns” from NASA
www.grc.nasa.gov/WWW/AcousticalTest/

Rock *Country* *Latin*
Jazz *Hip Hop*

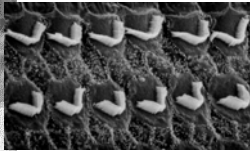
ARE YOU OK WITH THAT?

Hyper Sensitivity to Loud Sound

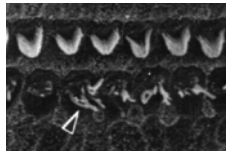
- Damage to ear makes it harder to tolerate loud sounds

ARE YOU OK WITH THAT?

Getting Workers' Attention



This is your ear



This is your ear on noise

Any questions?

NIOSH

Getting Workers' Attention

- Wear this NOW
- Or wear this LATER



NIOSH

Training Resources

- NHCA website
www.hearingconservation.org
- Dangerous Decibels
www.dangerousdecibels.org
- NIOSH Noise & Hearing Loss
Prevention website
www.cdc.gov/niosh/topics/noise/
