HEARING & NOISE SAFETY

IN THE WASTE & RECYCLING SECTOR



LOUD NOISE CAN CAUSE PERMANENT HEARING LOSS.
Protect your hearing today so you can hear tomorrow.

COMMON NOISE SOURCES

In the waste & recycling sector, high noise levels can come from:

- Waste & recycling trucks
- Heavy equipment and loaders
- Conveyors and sorting lines
- Compactors and balers
- Generators and air compressors
- Power tools and maintenance equipment

KNOW THE RISKS



- Loud noise can damage your hearing over time, even if you don't feel pain.
- Hearing loss is permanent and cannot be reversed.
- It can affect your ability to communicate, be aware of your surroundings and enjoy everyday activities.
- Tinnitus (ringing in the ears) is a common early warning sign.

EARLY SIGNS OF HEARING DAMAGE

- Ringing in your ears (tinnitus)
- Difficulty hearing conversations
- Needing to turn up the volume
- Ears feeling blocked or full

HOW TO PROTECT YOUR HEARING

1. **BE AWARE OF NOISE LEVELS**
   85+ dBA
   Noise at or above 85 dBA can cause hearing loss with repeated or prolonged exposure.
2. **WEAR THE RIGHT HEARING PROTECTION**
   Use properly fitted earplugs or earmuffs in noisy areas.
3. **REDUCE NOISE AT THE SOURCE**
   Use quieter equipment, maintain machinery and keep noise control features in place.
4. **LIMIT YOUR EXPOSURE TIME**
   Take breaks in quieter areas when possible.
5. **CHECK THE FIT**
   Make sure earplugs or earmuffs fit properly and are in good condition.
6. **TAKE PART IN HEARING PROGRAMS**
   Attend hearing tests, follow company procedures and report excessive noise.

REMEMBER:

- Use hearing protection in designated areas.
- Follow warning signs.
- Keep your hearing protection clean and in good condition.
- Report excessive noise or damaged equipment.
- Protect your hearing at work and at home.

IT'S EVERYONE'S RESPONSIBILITY

Employers must assess and control noise risks. Workers must use hearing protection and follow safe work procedures.

HEAR TODAY. TOMORROW. FOR LIFE.

Work together for a safer, healthier workplace.

WMABC
WASTE MANAGEMENT ASSOCIATION OF BC