



General PLC member guidelines for hearing conservation on a logging jobsite, (meets the OSHA standard (1910.95)).

1. Sample the sound levels on the jobsite where employees work. If they work within a garage, sample the sound there. If they work within the cab of a machine, sample the sound there

There is an app from the National Institute of Occupational Safety and Health (NIOSH) that can be downloaded onto a phone, and with an addition of an external microphone, sound levels can be sampled on the jobsite. The app only meets the OSHA standard when an external microphone is being used. The NIOSH app can be downloaded at, <https://www.cdc.gov/niosh/topics/noise/app.html>)

2. After sampling sounds on the jobsite:
 - a) if there is noise less than 85 dBA for an 8 hr. period or equivalent (see Table G-16 below from OSHA's website) then document this and check the jobsite anytime things change and at least annually. **If the jobsite stays under this level, nothing further is needed.**
 - b) However, after sampling the noise on the jobsite, if there is noise greater than 85 dBA for an 8 hr. or equivalent period (see Table G-16 from OSHA's website below) then there needs to be a hearing conservation plan created to meet the standard (A sample plan is available at our website <http://maineloggers.com/new/wp-content/uploads/2015/07/PLC-Hearing-Conservation.pdf>)

The plan needs to document:

- A. When the employees need to wear hearing protection
- B. Documentation of:
 - a. Noise sampling (Annually)
 - b. Training (Annually)
 - i. Who received the training
 - ii. Who taught the training
 - iii. When the training took place
 - iv. Where the training took place
 - v. What the training consists of
 1. When to wear hearing protection

- 2. What types of hearing protections are acceptable
- 3. How to wear hearing protection
- C. When to test the employees hearing status (audiograms)
 - a. OSHA states that “Within 6 months of an employee's first exposure at or above the action level, the employer shall establish a valid baseline audiogram against which subsequent audiograms can be compared.”
 - b. Annually
- D. How the test will be conducted
 - a. Most plans say that they will use an OSHA approved testing facility.
- E. Who will conduct your audiograms (Hearing tests)
- F. A date of when the plan has been put in place and the plan should be reviewed annually with a note of when the plan has been reviewed and initialed by the supervisor that reviewed the plan

TABLE G-16 - PERMISSIBLE NOISE EXPOSURES (1)

Duration per day, hours	Sound level dBA slow response
8.....	90
6.....	92
4.....	95
3.....	97
2.....	100
1 1/2	102
1.....	105
1/2	110
1/4 or less.....	115

Footnote(1) When the daily noise exposure is composed of two or more periods of noise exposure of different levels, their combined effect should be considered, rather than the individual effect of each. If the sum of the following fractions: $C(1)/T(1) + C(2)/T(2) + \dots + C(n)/T(n)$ exceeds unity, then, the mixed exposure should be considered to exceed the limit value. C_n indicates the total time of exposure at a specified noise level, and T_n indicates the total time

of exposure permitted at that level. Exposure to impulsive or impact noise should not exceed 140 dB peak sound pressure level.

This chart was copied from the NOISH site:
<https://www.cdc.gov/niosh/topics/noise/factsstatistics/charts/chart-carpenters.html>

Chart depicting typical hearing losses from carpenters over time.

