



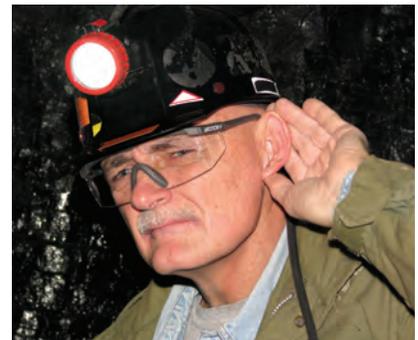
CAP the NOISE To Save Your Hearing!

Today, more than 150,000 miners have some hearing loss. By age 60, more than 75% of coal miners have a hearing impairment from exposure to noise.

Once you have lost hearing due to noise, it's permanent and cannot be reversed. Because there's no pain or visible damage, you may not notice hearing loss right away. Every time you are exposed to noise, your risk of hearing loss increases.

If you have hearing loss, you may experience:

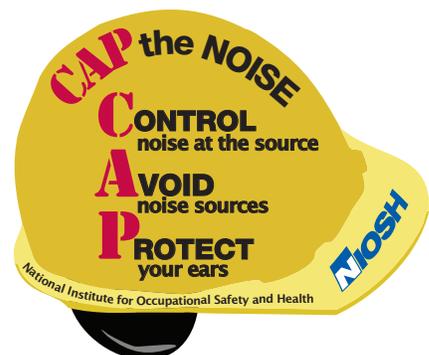
- > Difficulty hearing warning signals and equipment sounds
- > Trouble understanding what someone is saying
- > Accidents and lost productivity
- > Ringing or buzzing in the ears
- > Sounds seeming dull or flat after leaving a noisy area
- > Headaches, tiredness, stress, and a feeling of isolation



You don't have to lose your hearing.

CAP the NOISE

1. CONTROL the noise at its source (Engineering Controls)
2. AVOID the noise source (Administrative Controls)
3. PROTECT your ears (Hearing Protection Devices)

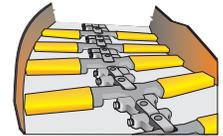




How Can You CAP the NOISE?

How you can CONTROL the noise at its source

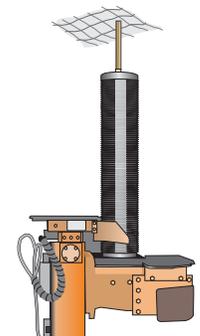
- > Use feasible noise controls such as enclosures, coated chains, and isolators
- > Maintain and lubricate equipment
- > Tell management about worn/broken noise controls and noisy machinery
- > Use barriers or enclosures for work areas
- > Clean and maintain fan silencers
- > Replace or repair defective mufflers



Coated flight bar chain on a continuous mining machine

How you can AVOID the noise

- > Use remote controls for machine operation
- > Limit time in noisy areas by rotating with other workers
- > Turn off equipment when it's not in use
- > Avoid sitting idle in equipment in noisy areas
- > Perform cleanup and maintenance during machine down times



Collapsible drill steel enclosure on a roof bolting machine

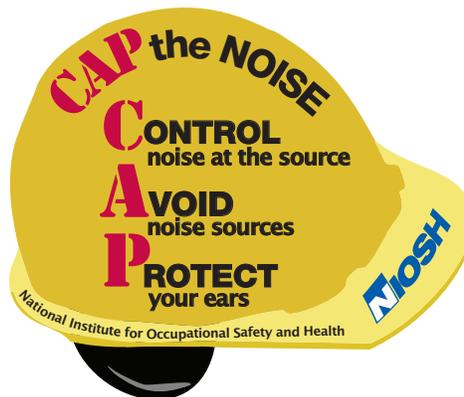
How you can PROTECT your ears

- > Wear hearing protection (muffs and/or plugs) when you must be exposed to noise



Earplug worn for hearing protection

Keeping your hearing is easy.



To receive documents or other information about occupational safety and health topics, contact NIOSH at: 1-800-CDC-INFO (1-800-232-4636) · 1-888-232-6348 (TTY) · e-mail: cdcinfo@cdc.gov or visit the NIOSH Web site at www.cdc.gov/niosh.



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