



NOW HEAR THIS!

Take action to protect your hearing



Use Available Noise Controls

- Remain inside cabs or other enclosures with the windows and doors closed
- Replace noise controls (e.g., curtains, seals) after equipment maintenance or inspection as needed



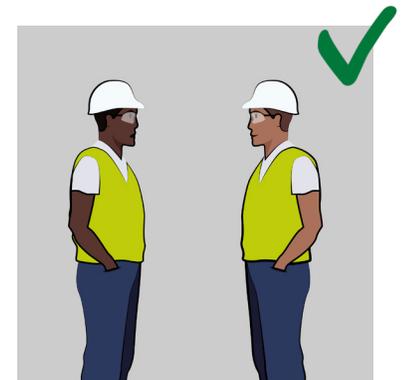
Maintain Equipment

- Ensure correct machine lubrication, belt and bolt tension, and motor performance
- Replace broken, worn out, and misused parts that contribute to equipment noise



Move Away from Loud Areas

- Avoid circumstances where communication is affected by noise
- Take scheduled breaks and lunch breaks in quiet areas



Use Hearing Protection

- Use hearing protection consistently when working in noise
- Ensure protection is correctly worn with other safety equipment and is comfortable for extended wear



Centers for Disease Control
and Prevention
National Institute for Occupational
Safety and Health

Accessible Version: <https://www.cdc.gov/niosh/mining/content/nowhearthis.html>

Find NIOSH products and get answers to workplace safety and health questions:

1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348

CDC/NIOSH INFO: cdc.gov/info | cdc.gov/niosh

Monthly NIOSH eNews: cdc.gov/niosh/eNews

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