



### TALK LEADER INSTRUCTIONS

This is background information ONLY. Be sure to customize your talk to your operation and facilities.

- ✓ Print copies of this sheet for yourself and each of the participants.
- ✓ Lead a discussion with your workers about the materials on this sheet at a location that is appropriate to the topic. Be sure to give real life examples whenever possible.
- ✓ Be open to questions.
- ✓ Conclude with a brief review of the main points or a summary based on the discussion.
- ✓ Fill in your operation name, location and the date on your sheet. Have each worker sign your sheet to confirm their attendance.
- ✓ File your sheet in your worker training records to document the training experience.

### WORK ACTIVITY

Farm workers experience one of the highest rates of hearing loss among all occupations. This is caused in part by the many sources of loud noise on the farm: tractors, combines, grinders, choppers, conveyors, grain dryers, chain saws, etc. Prolonged exposure to excessive noise can cause permanent hearing losses unless noise control measures are taken.

### BACKGROUND

Noise is unwanted sound. Noise is energy that can harm human hearing. Noise has at least two measurable effects on humans. **Hearing Loss** can be temporary or permanent and can be measured. **Physical Effects** that may include fatigue, tension, increased blood pressure and stomach disturbances.

### Key Points

**WE HAVE INTEGRATED STANDARD OPERATING PRACTICES FOR EACH TASK ON OUR FARM AND THE USE OF PERSONAL PROTECTIVE EQUIPMENT INCLUDING HEARING PROTECTION.** If you don't remember them, review them—you can find them:

- 0 Acute threshold of hearing
- 20 Soft whisper
- 65 Normal conversation
- 80 Tractor idling
- 90 Chainsaw idling
- 95 Grain auger
- 105 Pig barn at feeding time
- 120 Jackhammer

Too much noise can gradually damage your hearing. The damage may not be noticeable at first, but once it occurs, the hearing loss is permanent. The louder the sound the more likely damage will occur. Noise-induced hearing loss is preventable, permanent and can get worse over time.

**On our farm we provide hearing protection, it is your job to wear the hearing protection provided as a condition of employment. Get comfortable using the ear protection provided. If it is uncomfortable, doesn't fit or is damaged, let a supervisor know so it can be replaced.**

Sound is measured in decibels. It's important to understand the noise level of decibel you may be exposed to. Some decibel levels of common sounds include:

As well as wearing ear protection, there are other ways to protect yourself and others.

Work smart to reduce exposure to noise:

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## CAUTION

Remember! Not only do you have to think about the noise the machine is producing, there is ambient noise that adds to the decibel level you are being exposed to!

## EMERGENCY PROCEDURES / CONTACTS

In case of incident or injury, call 911 or your local emergency services, then me or your supervisor.

## MORE RESOURCES

*Noise – Occupational Exposure Limits in Canada, by the Canadian Centre for Occupational Health and Safety, available at [http://www.ccohs.ca/oshanswers/phys\\_agents/exposure\\_can.html](http://www.ccohs.ca/oshanswers/phys_agents/exposure_can.html)*

*Hearing poster, by the Canadian Agricultural Safety Association, available at <http://casa-acsa.ca/content/products/noise-exposure-demonstration-model-albert>*

- Plan your work to limit your time near noise.
- Turn off machinery when it isn't needed.
- Use idle or lower speeds whenever possible.
- Position machinery away from other workspaces.

## BE AWARE OF POTENTIALLY DAMAGING NOISE ON THE FARM

If you are running a piece of farm equipment and have to shout to be heard over the noise, then you should likely be wearing hearing protection. Any noise that leaves you feeling nervous or fatigued or that leaves a ringing or buzzing noise in your ears is too loud for any length of time without hearing protection. Don't forget it isn't just machinery that can damage your hearing; livestock can also produce enough noise to affect your hearing.

## HELP KEEP MACHINERY MAINTAINED

Let a supervisor know if a machine is making more noise than usual. We have to make sure that machines are properly maintained in order to reduce noise from friction or vibrations.

What are some additional ways to limit exposure to noise?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## COMMENTS / SUGGESTIONS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Operation Name \_\_\_\_\_

Location \_\_\_\_\_

Meeting Leader \_\_\_\_\_

Date \_\_\_\_\_

## TOOLBOX TALK PARTICIPANTS

Print name \_\_\_\_\_

Signature \_\_\_\_\_



CanadaFarmSafe  
SécuritéFermeCanada

This Producer Tool was developed by the Canadian Agricultural Safety Association (CASA). Conducting regular Toolbox Talks, or safety meetings, with farm workers is one component of establishing a comprehensive farm safety plan as outlined in the Canada FarmSafe Plan, CASA's business-risk management tool for health and safety on the farm. To download the core Canada FarmSafe Plan, visit [casa-acsa.ca/CanadaFarmSafePlan](http://casa-acsa.ca/CanadaFarmSafePlan), or contact CASA to learn more at 1-877-452-2272.

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