

Hearing Protection

What's the

News?

Workplace Noise-Related Hearing Loss Affects Sleep Quality!



- ❖ According to a new study, sustained exposure to loud workplace noise may affect quality of sleep in workers with occupational-related hearing loss.
 - ❖ Tinnitus (continual ringing in the ears) is the main sleep-disruption factor.
- March 14, 2011.
Ben-Gurion University of the Negev



The BEST method of preventing occupational deafness is to reduce noise at the source by engineering methods.

But in certain conditions, there's very little or nothing can be done to reduce noise. Thus, workers must wear hearing protectors to protect themselves.



Caution
High noise levels

- ❖ Employers should put up appropriate signage at noise hazardous workplace to remind workers to wear hearing protection devices.

**HIGH NOISE
LEVELS**



**Ear protectors
must be worn
in this area**

AM Sales & Marketing Sdn. Bhd. provides wide range of hearing protection devices such as disposable earplug, reusable earplug, earmuff, etc!



- ❖ Visit our website www.amsales.com.my for more info on hearing protection products we offer **NOW!**

What is Noise and Sound?

Sound is a form of energy that is transmitted by pressure variations which the human ear can detect.

Noise is unwanted sound.

Permissible Exposure Limit (PEL) For Noise Exposure

- 1) No employee shall be exposed to noise level exceeding equivalent continuous sound level of 90dB(A) or exceeding the limits specified in the First Schedule or exceeding the daily noise dose of unity.
- 2) No employee shall be exposed to noise level exceeding 115dB(A) at any time.

Duration per day (Hours)	Average Sound Level dB(A)
8	90
6	92
4	95
3	97
2	100
1 ½	102
1	105
½	110
¼ or less	115

Noise Level > 85dB(A) (8 hour basis)

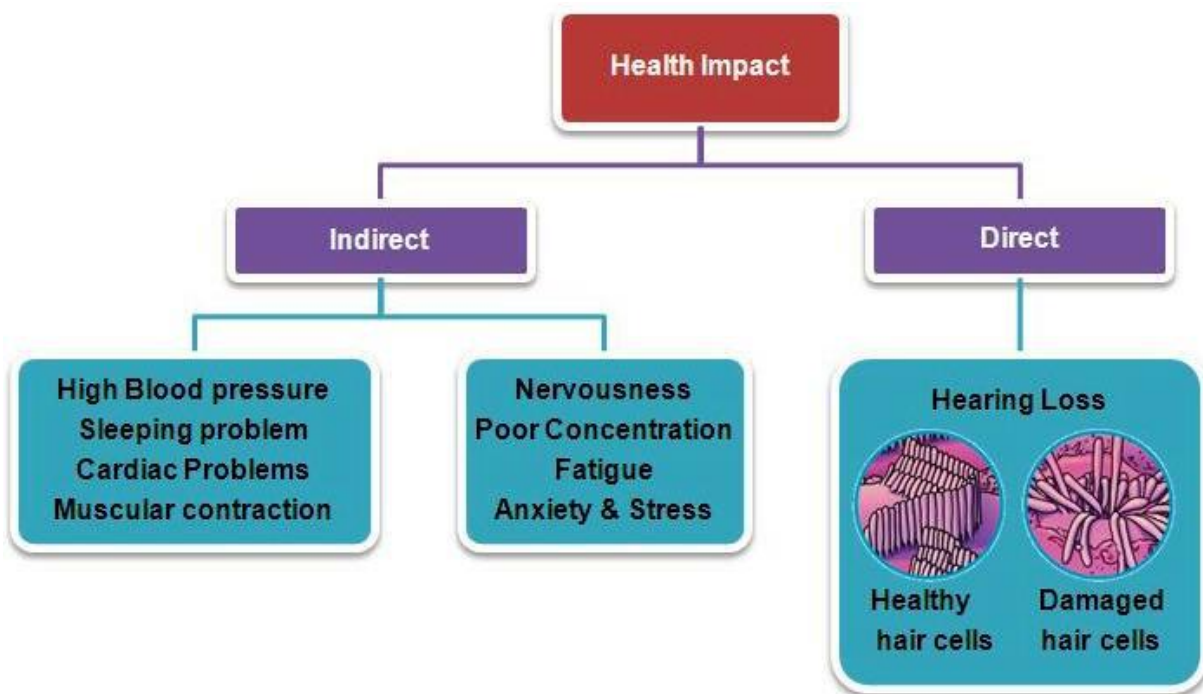
- ❖ Audiometric test must be conducted
- ❖ Training & Info must be provided

Noise Level > 90dB(A) (8 hour basis) > 140dB(A) (peak level)

- ❖ Hearing Protection Device must be worn
- ❖ Exposure Monitoring, Warning Signs, Engineering control, administration control and HPD

Note: In accordance of Factories and Machinery (Noise Exposure) Regulation, 1989.

Noises' Effects to Human Health



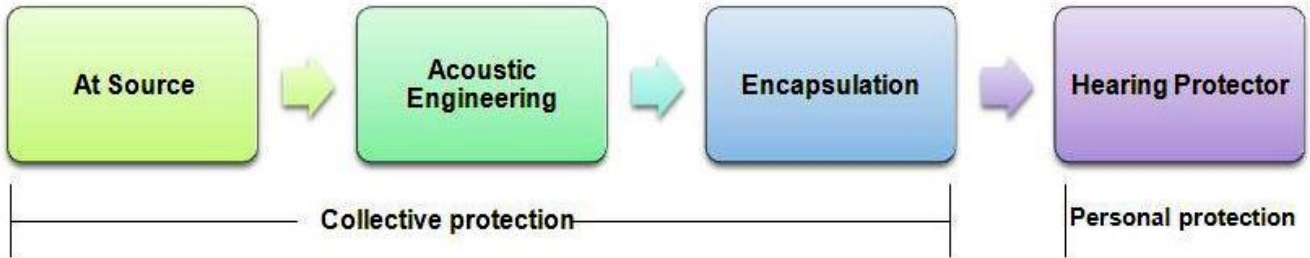
What Causes Hearing Loss?

Small bones in the middle ear help to transfer sound vibrations to the inner ear. Here, the vibrations become nerve impulses, which the brain will do the interpretation.

When noise is too loud, it begins to kill the nerve endings in the inner ear. Prolonged exposure to loud noise destroys nerve endings. As the number of nerve endings decrease, so does your hearing. There is no way to restore life to dead nerve endings; **the damage is permanent.**

Ways To Control Noise Exposure

Basically there're two major ways to control noise exposure: via collective protection or personal protection.



Hearing Protection Devices



Find out more about our offering on hearing protection devices by making enquiry at info@amsales.com.my or call 603-6157 8822 **NOW!**



"The Preferred Industrial Solutions Provider"

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