

Occupational Hygiene Talk Topic - June 2010

Vuvuzela—good for you team, bad for your ears



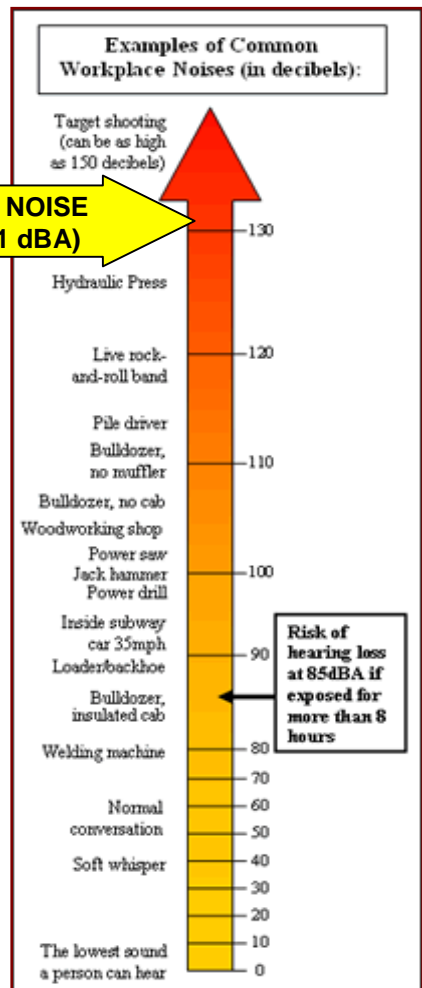
Interesting facts on Vuvuzela's:

- Traditionally it's made from a kudu horn
- Used to call together meetings & Could be heard by distant people summoned to attend meetings
- Research shown that maximum sound output varies between 113 – 131 decibels (dBA)
- You are at risk of damaging your ability to hear!!!

According to the South African National Standard – At the lowest recorded intensity of 113dBA a person should not be exposed for more than 1 minute without hearing protection (HP)*



VUVUZELA NOISE LEVEL (131 dBA)



Allowed exposure time without HP:

- ▶ **85 dBA = 8 hours** ; ▶ **88 dBA = 4 hours**
- ▶ **91 dBA = 2 hours** ; ▶ **94 dBA = 1 hour**
- ▶ **97 dBA = 30 min** ; ▶ **100 dBA = ≤15 min**
- ▶ **130 IMMEDIATE PAIN THRESHOLD!!!**

THE SOLUTION

To prevent damage to your ears:



WEAR HEARING PROTECTION!!!



VUVUZELA WITH HEARING PROTECTION - GOOD FOR YOUR TEAM, GOOD FOR YOUR EARS !!!!