

TIP SHEET

A series of health and safety tips to prevent work-related injuries in the trucking industry



Now Hear This!



Sound meters, ear plugs, and earmuffs can help prevent hearing loss.

Truck drivers work around loud noise hazards! Whether from the ambient sound coming off the rig or from terminals, maintenance shops, warehouses, construction, or airport noise, it can be hard to hear. With all the noise, it's hard to hear warning signals—even without a hearing impairment. Drivers with hearing loss have an even harder time of it. To help, limit daily workplace noise exposures to within [NIOSH recommended exposure limits](#).

Remember, decibel (dB) units measure loudness. Sound levels above 80 decibels are harmful to the human ear. A diesel truck located 50 feet away can produce sound that measures over 90 dB. Reducing noise and protecting your drivers' hearing will prevent ear injury and benefit their overall safety and health.



Washington State Department of
Labor & Industries

TIPS TO LIVE BY

Management

- [Train](#) employees who work near loud noises to limit exposure to these hazards and [show them steps](#) they can take to protect themselves.
- Provide drivers with adequate [Personal Protective Equipment \(PPE\)](#) to protect their hearing.
- Soundproof your truck cabs.
- Install aerodynamic fairing to reduce wind noise.

Drivers

- Wear hearing protection such as earplugs at loud delivery and loading sites as long as it does not reduce your ability to hear warning signals, moving vehicles, and other workers.
- Rely more on visual assessments if inspecting vehicle while wearing hearing protection.
- Keep windows closed while driving, if possible.
- Keep radio volume to a low level.
- Keep vehicle noise-suppression systems, such as exhaust mufflers, in good serviceable condition.
- Maintain vehicle and trailer equipment to eliminate vibrations, squeaks, and rattling.
- Download the [NIOSH Sound Level Meter App](#) to your smartphone to measure workplace noise levels.

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KeepTruckingSafe.org

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