



## ULTRA ACCESS World Hearing Day

A Scaffolders spin on this important issue...

The 3rd of March is "World Hearing Day".

World Hearing Day is a yearly global campaign led by the World Health Organization (W.H.O). This day intends to promote awareness and educate people about hearing loss and advocate for improved ear and hearing care.

### LEVEL OF NOISE in decibels (dB)

<p>Faint 20 dB Leaves rustling</p> <p>Soft 30 dB Whisper 40 dB Quiet library</p> <p>Moderate 60 dB Conversation</p>	<p>Loud 70 dB Traffic 80 dB Alarm clock</p> <p>Extended exposure to noise levels above 85 dB can cause permanent hearing loss</p>	<p>Very Loud 90 dB Power tools 100 dB MP3 Players 110 dB Sporting events</p> <p>Uncomfortable 90 dB Dance clubs</p>	<p>Painful 130 dB Ambulance 140 dB Fireworks/Guns</p> <p>Always avoid exposure to very loud noises and protect your ears with hearing protection</p>
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There's a looming threat within the British scaffolding industry, and one that should be just as concerning as working with Asbestos is, to not only the industry itself, but the wider-UK Construction sector also...

Irreparable hearing loss due to the now almost universal usage of Impact Wrenches by almost every scaffolder working in construction is very real.

"Scaffolders Drills" as they are commonly known have helped massively to reduce a lot of the repetitive strain injuries from the repeated task of doing / undoing fittings whilst at work.

But, with all the physical benefits of using these "Drills" there are also hazards... they are noisy.

So noisy that Ultra Access ourselves think that there will be many cases of serious hearing damage in time due to the loud noises they emit whilst in use, especially if working in enclosed environments, like; liftshafts, boilers, basements, within large indoor openings and anywhere that might be considered a confined space.

Decibels (dB) are how we measure sound, with the decibel scale being logarithmic, meaning that loudness increases exponentially - the difference between say, for instance; 65dB, which humans can comfortably manage for prolonged periods of time and the louder 85dB, is staggering. 85dB is generally considered the "cut off point" for what could be deemed as acceptable to long(ish) constant exposure. The safe listening / exposure time is cut in half for every +3dB rise in noise levels over 85dB.

"Scaffolders Drills" could be as loud as 100dB, which is again exponentially louder than 85dB, and even louder still if in an enclosed area or space. 100dB is no joke, and can cause serious long term damage over time.

Protect your ears Scaffs! The damage cannot be fixed... Disposable ear plugs don't half help and are usually freely available on most large sites, and are VERY cheap to buy online.



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