



THE  
PREVENTIVE  
MAINTENANCE  
MONTHLY

## SERGEANT'S TIME TRAINING SUPPORT

### How Much Hearing Protection Do I Need?

#### An Easy Outline for Sergeant's Time Training

**(Note to Sergeants:** Here's an easy training outline you can follow any time your unit has a free minute. A problem & solution format is provided below, with visuals if you scroll down. Use this outline or add more info as you see fit. Make it yours & make it matter! –*PS Magazine*)

**Problem:** Using the right amount of hearing protection can prevent noise induced hearing loss. But how much hearing protection should you use? It depends on the type of weapons or equipment you're operating.

**Solution:** The two most common types of noise hazards you'll encounter are steady state or impulse/impact. Steady state noises are continuous sounds above 85 decibels that last for extended periods of time. Impulse/impact noises are high-level, short-duration noises measured as peak pressure decibels (dBP). You must wear hearing protection when exposed to steady state noise above 85dB or impulse/impact noise above 140db.

Steady state noises are caused by certain types of equipment, generators, wheeled and tracked vehicles and aircraft.

Impulse or impact noises are caused by weapons fire, artillery and explosions like from M-4 or 60mm mortar.

If you're riding in a HMMWV or firing a rifle or handgun, you're usually fine with ear plugs or noise muffs. Some vehicles, aircraft and weapon systems require double hearing protection. That means a combination of ear plugs and noise muffs.


Not sure how much hearing protection your operating environment calls for? Your operator's manual will indicate the level of protection required or consult DA Pam 40-501, *Army Hearing Program*. Work with your post hearing program manager or unit hearing program officer to determine the proper level of hearing protection to use.

Need a copy of DA Pam 40-501? Get it here:

[http://armypubs.army.mil/epubs/DR\\_pubs/DR\\_a/pdf/web/p40\\_501.pdf](http://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/p40_501.pdf)




# HOW MUCH HEARING PROTECTION SHOULD YOU USE?



USING THE RIGHT AMOUNT OF HEARING PROTECTION CAN PREVENT NOISE INDUCED HEARING LOSS!

BUT HOW MUCH HEARING PROTECTION SHOULD YOU USE?



IT DEPENDS ON THE TYPE OF WEAPONS OR EQUIPMENT YOU'RE OPERATING.

THE **TWO** MOST COMMON TYPES OF **NOISE HAZARDS** YOU'LL ENCOUNTER ARE:

**STEADY STATE**

OR

**IMPULSE/IMPACT.**

**STEADY STATE** NOISES ARE **CONTINUOUS SOUNDS ABOVE 85 DECIBELS** THAT LAST FOR EXTENDED PERIODS OF TIME.

**STEADY STATE** NOISES ARE CAUSED BY CERTAIN TYPES OF EQUIPMENT, INCLUDING **GENERATORS, WHEELED AND TRACKED VEHICLES AND AIRCRAFT.**

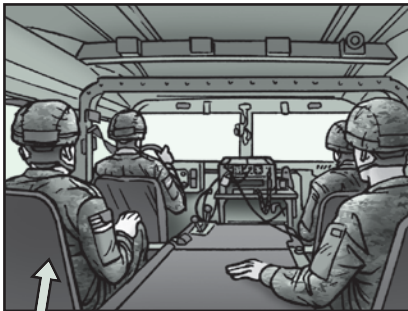
**IMPULSE/IMPACT** NOISES ARE **HIGH-LEVEL, SHORT-DURATION NOISES** MEASURED AS **PEAK PRESSURE DECIBELS (dBP).**

**IMPULSE OR IMPACT** NOISES ARE CAUSED BY **WEAPONS FIRE, ARTILLERY AND EXPLOSIONS.**

**YOU MUST WEAR HEARING PROTECTION WHEN EXPOSED TO STEADY STATE NOISE ABOVE 85dB OR IMPULSE/IMPACT NOISE ABOVE 140dB.**

IF YOU'RE RIDING IN A HMMVV OR FIRING A RIFLE OR HANDGUN, YOU'RE USUALLY FINE WITH EAR PLUGS OR NOISE MUFFS.

SOME VEHICLES, AIRCRAFT AND WEAPON SYSTEMS REQUIRE DOUBLE HEARING PROTECTION. THAT MEANS A COMBINATION OF EAR PLUGS AND NOISE MUFFS.



Steady state noise requires one form of hearing protection



Some environments require double protection

**NOT SURE HOW MUCH HEARING PROTECTION YOUR OPERATING ENVIRONMENT CALLS FOR?**

YOUR OPERATOR'S MANUAL WILL INDICATE THE LEVEL OF PROTECTION REQUIRED OR YOU CAN CONSULT DA PAM 40-501, *ARMY HEARING PROGRAM*. WORK WITH YOUR POST HEARING PROGRAM MANAGER OR UNIT HEARING PROGRAM OFFICER TO DETERMINE THE **PROPER LEVEL** OF HEARING PROTECTION.

NEED A COPY OF DA PAM 40-501? GET IT HERE:

[http://armypubs.army.mil/epubs/DR\\_pubs/DR\\_a/pdf/web/p40\\_501.pdf](http://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/p40_501.pdf)

