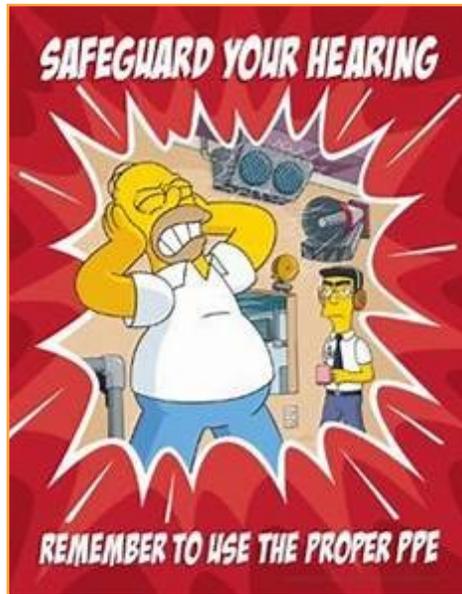


## HOW LOUD IS IT!!!

### OIL AND GAS

As a worker in the oil and gas industry, you are likely exposed to hazardous levels of noise on the job. Regular exposure to sounds louder than 85 decibels (dBA) can cause permanent hearing loss. WorkSafe BC's noise measurements and hearing test results show that almost all workers in oil and gas are exposed to hazardous noise levels. The result also show that workers in the oil and gas drilling sector have some of the highest hearing-loss rates of any industry.



Hearing-test data collected by employers in the oil and gas drilling sector over five years indicates the percentage of workers showing signs of noise-induced hearing loss (NIHL) has increased by 12 percent, from 33 percent in 2012 to 45 percent in 2017.

By comparison, 13 per cent of workers in all other noisy industries tested positive for NIHL in 2017.

Occupational audiologist with WorkSafeBC, Sasha Brown, says that most people who work in the industry are under 35.

“Now is the time that they should be protecting their hearing and setting themselves up for good hearing for the rest of their lives, so their age is something that kind of concerns me as well,” Brown told CKNW.

According to the Occupational Health and Safety Regulation and guidelines, employers are required to provide hearing-loss prevention programs, monitor noise levels and conduct annual hearing tests for workers exposed to hazardous noise levels to prevent permanent hearing damage.

Brown said WorkSafe BC will also be working with employers about ways to protect their hearing.

“Education and training around noise levels and how to protect ones’ ears, and signage of course as to when to wear hearing protection and when to know when to reduce the amount of time spent around noise,” she said.

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#### Special points of interest:

- ◆ Regardless of your occupation, if you are exposed to a noise level of 91 dBA, you can only work int his environment for 2 hours before the noise becomes hazardous.

While the percentage of workers with NIHL has increased in the drilling sector, WorkSafeBC says the percentage of workers who reported wearing a hearing protection device has also increased, from 94 to 98 per cent, with a heavy reliance on A plugs, commonly know as foam earplugs.

Employers can take measures to prevent noise-induced hearing loss:

- Ensure all workers who are at risk are wearing sufficient hearing protection that fits, and that they understand how to properly wear it.
- Make sure workers insert or wear the correct hearing protection prior to entering a noisy environment and wear it until after exiting the noisy location.
- Rotate workers to different positions so they spend less time in noisy environments.
- Identify potential engineering controls to mitigate risk of exposure.
- Ensure workers have their hearing tested and are aware of their hearing-test results.

### RISK OF HEARING LOSS

To understand the risk you face, it's important to know how loud your work environment is and how long you are working in it.

For example, regardless of your occupation, if you are exposed to a noise level of 91 dBA, you can only work in this environment for 2 hours before the noise becomes hazardous.

The table to the right shows how long you can be exposed to certain levels of noise with out harm. It also lists examples of typical noise levels for various work locations or activities.

Maximum daily unprotected exposure time by noise level in dBA (regardless of occupation)		Examples of noise levels by work location/activity* (in dBA)	
16 hours	82		
12 hours	83	Dog house	80-84
10 hours	84		
8 hours	85		
4 hours	88	Mud tanks Rig floor	86-90 86-100
2 hours	91	Mix shack	90-93
1 hour	94	Mud pumps	90-95
30 minutes	97	Pump house	95-100
15 minutes	100	Compressors	99-105
7.5 minutes	103	Generator building	103-111
3 min, 45 s	106	Fracturing	104-107
1 min, 50 s	109	Vac truck	102-110
1 minute	112	Rig engine room	105-115
30 seconds	115	Pump trucks	112-116

\*May not reflect all operating conditions and equipment.

### FLU SHOTS

The province of Alberta announced flu shots will be available to the public on October 15, 2018.

Canadians can get their flu shot from their primary healthcare provider, their local health depart, at a flu shot clinic or many pharmacists offer the flu shot.

It takes your body two weeks to establish an immune response to the vaccine and to make it effective against the flu.

Flu cases cause about 3,500 deaths in Canada every year and complications from the flu can include pneumonia.

It is important to eat a well-balance meal, pay attention to your sleeping habits and exercise regularly. Wash you hands often, cover you mouth when you cough and stay at home when you are sick is the best way to avoid spreading the virus.