SOP WAREHOUSESOP

FREE PRINTABLE CHECKLIST

Hearing Protection and Noise Exposure Control Checklist

Regulation: 29 CFR 1910.95(a)

FACILITY	AREA OR EQUIPMENT ID	DATE	SHIFT

INSPECTED BY (PRINT)	SIGNATURE

1. Procedure checks

Tick each step as it is done, in this order.

DONE	CHECK	NOTES
☐	Wear hearing protection in every posted area, every time	
☐	Raising your voice at arm's length means it is too loud	
☐	Roll the plug down, pull your ear up and back, hold until it seals	
☐	Check earmuffs seal flat: no hair, hats, or glasses arms in the way	
☐	Keep it in the whole time you are in the area, not most of it	
☐	Swap soiled, stiff, or torn protection for fresh	
☐	Report equipment that has gotten louder	

2. Compliance checks

Tick each item that is in place. The citation after an item is the paragraph that requires it.

DONE	CHECK	NOTES
☐	Noise sources and exposed employees are identified through a monitoring program, and monitoring is repeated whenever a change in production, process, equipment, or controls increases noise exposures; posting high-noise areas is facility practice rather than a requirement of the noise standard **29 CFR 1910.95(d)(1)**	
☐	Feasible engineering or administrative controls are used where exposures exceed the permissible exposure limit **29 CFR 1910.95(b)(1)**	
☐	A continuing hearing conservation program is administered where exposures equal or exceed the 85 dBA 8-hour TWA action level **29 CFR 1910.95(c)(1)**	
☐	Every employee exposed at or above the 85 dBA 8-hour TWA is notified of the results of the monitoring **29 CFR 1910.95(e)**	
☐	Audiometric testing is made available at no cost to employees exposed at or above the action level, with a baseline audiogram and a new audiogram at least annually thereafter **29 CFR 1910.95(g)**	

☐	A variety of suitable hearing protectors is available at no cost, with employee choice and instruction on use and care **29 CFR 1910.95(i)**	
☐	Employees included in the hearing conservation program participate in training that is repeated annually; documenting that participation is facility practice rather than a requirement of the noise standard **29 CFR 1910.95(k)**	

WARNINGS

Noise induced hearing loss is painless, gradual, and permanent

A plug that is not sealed protects almost nothing

Ringing or muffled hearing after a shift means report it today

SUPERVISOR REVIEW

REVIEWED BY (SUPERVISOR)	SIGNATURE	DATE