

Hearing Conservation Information Packet

(Ref. FL Reg 40-2 and DA PAM 40-501)

for

Commanders

(at Fort Lewis)

&

Unit Appointed

Hearing Conservation Officers

08 March 2006

Point of Contact:

Chief, Hearing Conservation Service
(253) 968-4354

Who: All Soldiers and federal employees exposed to hazardous noise (*i.e., All weapons firing – annual or periodic, combat vehicles, aircraft or any high-noise machinery – see noise hazards example sheet inside*).

What: Annual requirements (IAW AR 40-5, DA Pam 40-501, FL Reg 40-2, Hearing Conservation Program):

1. Annual **hearing examination** (*for early detection*)
2. Annual (hearing) health **education** (*to warn of hazards*)
3. Annual check of **earplugs** (*for effective fit and use*) ← **Call for training of all unit medics**

Where: Hearing Conservation Service
Old Madigan Hosp. Bldg 9911C (Ramp 2)
(253) 968-4354

When: Clinic Hours: Mon-Fri 0800-1100 & 1300-1500

Why:

- Commanders need Soldiers who can react & communicate quickly & effectively.
- Noise-induced hearing loss is a permanent disability and one of the most prevalent injuries among Soldiers.
- Hearing conservation is an individual and organizational responsibility. Command emphasis is vital to ensure Soldier and combat readiness.

How: **Command emphasis.** Commander appoints a Unit Hearing Conservation Officer who contacts hearing conservation and coordinates services for the unit.

***NOTE:** **Hearing exams & education for 80 personnel in 2 hours (call to schedule).**

- ****In-processing & individual appointments:** Call TRICARE 1-800-404-4506 (Need medical records)
- ****Unit services:** For units or groups, call Hearing Conservation to schedule (Need all medical records)

* Arrange for unit medics to bring medical records and assist with crowd control.

** Medical records required for past hearing test data to detect change in hearing and for medical documentation.

SAMPLE OF UNIT SOP

Hearing Conservation Program (HCP)

(REF. FL Reg 40-2 & DA Pam 40-501, Hearing Conservation Program)

1. Unit Commander (Primarily Battalion- and Company-level), **Director and Supervisor** of noise-exposed personnel:

a) Appoints an individual (officer, NCO, or civilian staff) to act as the unit Hearing Conservation Officer (HCO) to manage the unit hearing conservation program (HCP) with responsibilities outlined below.

b) Endorses the I Corps & Fort Lewis command emphasis policy letter on hearing conservation and stresses the importance of preventive measures.

c) Posts and maintains noise hazard danger and caution signs and decals for all identified areas and equipment (per AR 420-70 and the Safety Color Code Markings, Signs and Tags Information Guide).

d) Enforces the mandatory fit and use of hearing protectors and take disciplinary action as appropriate for non-compliance.

e) Coordinates with the Industrial Hygiene manager to properly identify noise-hazardous areas and positions to determine program participation. Ensures that job descriptions include the requirement to wear personal protective equipment when appropriate, to include reporting for annual examinations & education.

f) Provides names of noise-exposed and ototoxic-exposed personnel to the Industrial Hygiene manager at least semi-annually. This is required to determine program participation. DA Pam 40-501, para 3-3 provides definitions of hazardous exposures. The attachment provides examples of typical exposures that meet the criteria for enrollment in the program.

2. Unit Hearing Conservation Officer:

a) Contacts MAMC Hearing Conservation Service to coordinate annual hearing conservation services for all noise-exposed personnel (may schedule entire units). Ensures medical records are available at examinations to calculate changes in hearing and for proper documentation and recordkeeping.

b) Ensures all in-processing personnel receive a hearing examination.

c) Ensures appropriate DD Form 2215 and/or DD Form 2216 hearing test results are maintained in the medical records for all personnel.

d) Utilize trained individuals within the unit who are certified by Council for Accreditation in Occupational Hearing Conservation (CAOHC) as technicians to assist with unit hearing examinations. *(Contact MAMC Hearing Conservation for technician certification training courses)*

e) Ensures all noise-exposed personnel receive hearing conservation health education at least annually. *(Contact MAMC Hearing Conservation Service for assistance).*

f) Requisitions and ensures (at no charge) an adequate supply of approved hearing protectors, including helmets, noise muffs, or earplugs (*triple-flange, quad-flange or combat arms types*). See *earplug requisition information sheet*.

g) Maintains an adequate supply of approved hand-formed (foam) earplugs for visitors or as back-up for personnel not possessing preformed earplugs. See *earplug requisition information sheet*.

h) Ensures that approved earplugs are fit by appropriately trained personnel. Ensures earplugs are examined at least annually for proper fit and condition. (*Contact MAMC Hearing Conservation for earplug fitting training*)

i) Ensures that helmets and noise muffs are inspected.

k) May obtain noise muffs through commercial sources as well as through the Federal supply system.

l) Ensures approved earplug carrying case is provided, at no charge, to personnel exposed to noise hazards. See *earplug requisition information sheet*.

3. Soldiers and Noise-Exposed Personnel:

a) Reports for in-processing & annual hearing examinations (*requires medical records to determine hearing changes and for proper recordkeeping of DD Form 2215 and/or DD Form 2216*).

b) Maintains a pair of earplugs and a carrying case as an item of individual equipment, and keeps item in their possession as part of the battle dress uniform or load bearing vest as directed.

c) Correctly wears approved and properly fitted hearing protectors when exposed to hazardous noise (i.e., weapons firing, combat vehicles, aircraft, high-noise machinery, training rounds or simulators, lawnmowers, motorcycles, motorboats, power tools, etc.).

d) Reports for hearing health education at least annually.

e) Immediately reports suspected hearing loss following weapons firing to their supervisor for appropriate medical attention (Contact ASAP: MAMC Hearing Conservation Service, Audiology Clinic or Emergency Room).

4. POC Hearing Conservation Service (HCS). Hearing conservation is an individual and organizational responsibility. All commanders are encouraged to utilize the resources of the Hearing Conservation Service of Madigan Army Medical Center for the development and maintenance of their unit hearing conservation program. Contact HCS at (253) 968-4354.

XXXXXXXXXXXXXXXXXX
XXX, XX
Commanding

EXAMPLES OF HAZARDOUS EXPOSURES

The following provides examples of typical exposures that meet the criteria for enrollment in a comprehensive Hearing Conservation Program:

Impulse and impact noise ≥ 140 decibels peak measurement (dBP):

- All weapons firing - annual or periodic
- 9-mm through 50-Caliber. ammunition
- Grenades
- Mortar fire
- Artillery fire
- Armament fire from all tracked and wheeled combat vehicles
- Demolition with explosives
- Training rounds and explosive simulators

Time Weighted Average (TWA) of ≥ 85 A-weighted decibels (dBA):

- Operating, occupying or maintenance operations of combat vehicles.
- Operating, occupying or maintenance operations of aircraft.
- Operating on or around heavy equipment or noisy machinery requiring hearing protection.

Ototoxins (ear poison agents) that contribute to hearing loss:

- Carbon monoxide
- Cyanide
- Heavy metals (i.e., Mercury & Lead derivatives)
- Solvents
- Paints
- Gasoline
- Aminoglycoside antibiotics
- Chemotherapy
- Radiation therapy

EARPLUGS & CARRYING CASE REQUISITION INFORMATION

U.S. Army within Western Region Active Duty, National Guard & Reserve

(08 March 2006)

U.S. Army Approved:

STANDARD ITEMS:

Type & Size	Nomenclature	NSN	Fitting Requirements
Triple-flange (small) \$3.96 / package	Earplug, hearing protection, triple-flange 24 ea. / package (12 pair)	6515-00-442-4821	Small size fits (~10%) Size fitting REQUIRED (contact fitting POC below)
Quad-flange (regular size - fits most) \$50.00 / box	Earplug, hearing protection, quad-flange, 100 pair / box	6515-01-492-0443	Reg size fits most (~90%) Size fitting REQUIRED (contact fitting POC below)
Triple-flange (large) \$3.93 / package	Earplug, hearing protection, triple-flange 24 ea. / package (12 pair)	6515-00-467-0092	Large size fits (~5%) Size fitting REQUIRED (contact fitting POC below)
Foam Earplugs Hand-formed \$29.58 / box	Earplug, hearing protection, Foam, 200 pair / box (orange/green color)	6515-00-137-6345	Orange color must not show after insertion Disposable "back-up" use
Earplug Carrying Case \$7.61 / package	Earplug carrying case 20 / package	6515-01-100-1674	

OPTIONAL ITEMS:

Combat Arms (regular) \$369.77 / package	Combat Arms Earplug, (Double-ended) 100 ea. / package (50 pair) Requires user instruction sheet	6515-01-466-2710 Optional Item	Reg size fits most (~80%) Size fitting & Instruction sheet REQUIRED
Combat Arms (small) \$349.83 / package	Combat Arms Earplug, (Single-ended) 200 ea. / package (100 pair)	6515-01-512-6072 Optional Item	For smallest ears (~20%) Size fitting REQUIRED
Quad-flange (small) \$139.93 / package	Earplug, hearing protection, 4-flange, 200 ea. / package (100 pair)	6515-01-461-7931 Optional Item	Option for all small ears Size fitting REQUIRED

Example of Standard requisition:

SAMPLE ORDER FOR COMPANY SIZE UNIT (100-160 Personnel):

2 PG SM Triple flange (6515-00-442-4821)	=	\$ 7.92
2 Box Quad-flange (6515-01-492-0443)	=	\$ 100.00
2 PG LG Triple flange (6515-00-467-0092)	=	\$ 7.86
6 PG of Ear Plug Cases (6515-01-100-1674)	=	\$ 45.66
2 Box Foam Plugs (6515-00-137-6345)	=	\$ 66.42 ← Always keep 2 boxes on hand
Estimated Total Cost:	=	\$ 227.86

Point of Contacts:

- Requisitions:** All Western Region Units requisition through Madigan Army Medical Center, Material Branch (Use DA2765 or DA3161) - (253) 968-0881 for assistance.
- Earplug Fitting Instruction:** Contact Madigan Army Medical Center, Hearing Conservation Services - (253) 968-4354. All combat medics should receive training in effective fit and use of earplugs.