**Hearing Conservation*—*Notification of “Quiet Period” Prior**

**to Baseline Hearing Test**

**29 CFR 1910.95**

It is an OSHA hearing conservation standard requirement that employees be free from high noise exposure for 14 hours before each audiometric test. If it is not possible to avoid high noise levels prior to testing, the employee should wear hearing protection prior to the test to minimize the possibility of a temporary threshold.

The following types of noise exposures should be avoided prior to the test:

* Workplace noise
* Lawn mowers
* Leaf blowers
* Weed trimmers
* Chain saws
* Power tools
* Small engines
* Car races
* Snow mobiles
* Small airplanes
* Power boats
* All firearms (hunting, target shooting, skeet shooting)
* Loud music (concerts, walkman or other headset radio, radio/stereos)

I have been notified of the need to avoid occupational and non-occupational noise prior to my test.

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| Employee Signature | Date |