



# What Employees Need to Know about Hearing Conservation (Audiometric) Testing

Puget Sound Workers' Compensation Trust (PSWCT) manages workers' compensation claims for your school district. PSWCT is committed to the safety and well-being of our members and encourages a culture of safety within each district. Hearing conservation, an important best practice, is designed to prevent the occurrence or reduce the progression of noise-induced hearing loss. PSWCT has developed a Hearing Conservation Program for specific employee work groups that may experience risk due to prolonged noise exposure. PSWCT has partnered with *Listen Audiology Services* to bring on-site audiogram services to our members.

## Why Audiometric Testing?

Audiometric testing monitors an employee's hearing over time. It also provides an opportunity for employers to educate employees about their hearing and the need to protect it. L&I/OSHA require all employers to conduct annual audiograms of all employees considered to have a high risk of noise exposure.

Another requirement is the need to establish baseline results for comparative analysis. It is important that you (District Employee) are aware of any hearing changes you might have. This will allow for investigation of noise exposures and equipment use.

It's possible the testing might reveal normal hearing changes because of age, prescription drug use, or activities outside of work (music concerts or recreation activities.) Making you aware is critical so lifestyle changes can be made to protect hearing beyond the scope of your job. We care about our employees' wellness, so should you.

## Who Does the Testing?

*Listen Audiology Services* is the contracted provider for PSWCT member districts. To date, they have successfully completed over 500 audiograms for 28 school districts. *Listen Audiology Services* provides on-site audiometric testing services. Screening will be completed on site, at one central location within the district.

## Why are You Receiving this Notification?

PSWCT has identified several work groups that may experience risk due to prolonged noise exposure – you belong to one of these groups:

- **Maintenance & Operations** – Grounds, Facilities, and “All Trades”
- **Transportation Maintenance** – Bus Mechanics
- **Music Instructors** - Music, Band, and Choir
- **Vocational Education Instructors** – Wood Shop, Metal Shop, and Automotive Technology

### Testing Details

What you can expect:

- Testing is limited to the employee classifications listed above, which are known to be exposed to a time weighted average (TWA) greater than 85 decibels in an 8-hour work day.
- Employees with any variations in hearing will be notified directly.
- Audiograms are administered in groups. Employees are asked to participate in a professional manner, and not detract from the importance when testing in a large group setting.
- Testing takes 15-20 minutes.
- Employees receive a copy of their results immediately.

### Preparing for On-Site Testing

Let us know how we can make this easier for you. If you need an accommodation, let us know as soon as possible.

**We appreciate your participation!**