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# NOSHA News

November 2015

## General Membership Meeting

**Wednesday, November 18th at the VFW, 312 DeMers Ave, East Grand Forks MN 56721**

Our topic will be "Hearing Conservation" presented by Megan Thorson, AuD, Altru

## **Facts About Occupational Noise Exposure**

- Approximately 30 million people are exposed to hazardous levels of noise on the job.
- Noise induced hearing loss is caused by damage to the hair cells found in the inner ear. Hair cells are small sensory cells that convert the sounds we hear into electrical signals sent to the brain.
- Once damaged, our hair cells cannot grow back, causing permanent hearing loss.
- Untreated hearing loss can affect your ability to understand speech and can negatively impact your social and emotional well-being—hearing impairment can decrease your quality of life.
- Hearing loss is the third most common health problem in the United States.
- Harmful sounds are (1) too loud and last too long or (2) are very loud and sudden. For example, exposure to a one-time intense "impulse" sound such as an explosion, or by continuous exposure to loud sounds over an extended period of time, such as sitting too close during a concert may be harmful.

### **Noise is dangerous if:**

- You have to shout over background noise to be heard
- The noise is painful to your ears
- The noise makes your ears ring
- You have decreased or "muffled" hearing for several hours after exposure

### **Protect Your Hearing**

Wear hearing protection such as ear plugs and earmuffs when being exposed to levels of noise over 85 decibels (dB) for extended periods of time.

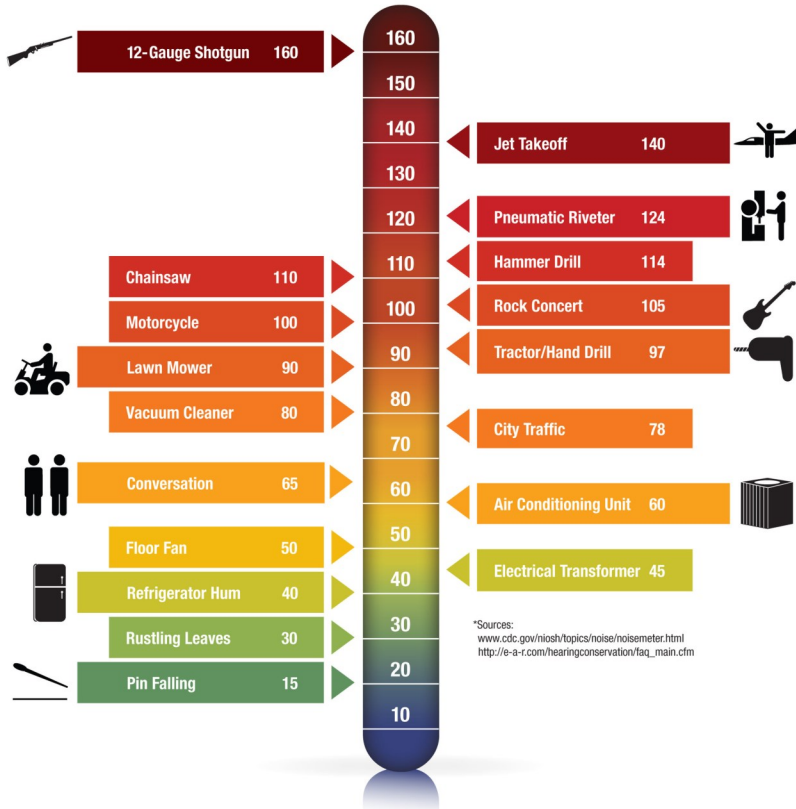
<b>Limits for Permissible Noise Exposure (According to OSHA)</b>	
8 hours	90 dB
6 hours	92 dB
4 hours	95 dB
3 hours	97 dB
2 hours	100 dB
1.5 hours	102 dB
1 hour	105 dB
30 minutes	110 dB
15 minutes	115 dB

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Decibel Scale (dBA)\*



\*Sources:  
[www.cdc.gov/niosh/topics/noise/noisemeter.html](http://www.cdc.gov/niosh/topics/noise/noisemeter.html)  
[http://e-a-r.com/hearingconservation/faq\\_main.cfm](http://e-a-r.com/hearingconservation/faq_main.cfm)

## NOSHA Board Openings

The NOSHA Board of Directors has 2 open seats to fill.

Open nominations and elections will take place at the December general membership meeting on Wednesday, December 16th at the VFW in East Grand Forks.

If you're interested in volunteering to serve on the board, you can either attend the December GM meeting and volunteer, or contact Tony Vigness at info@nosha.net.

Board meetings occur on the 2nd Tuesday of each month at 11 am at the Speedway restaurant in Grand Forks.

## BOARD MEETING

Board members meet on the 2nd Tuesday of each month from 11 am to 1 pm

**NEXT MEETING December 8**

### 2015 BOARD MEMBERS

**Dan Mankie** (President)  
*Motor Coach Industries*

**Eric Pearson** (Vice President)  
*CHS (Cenex Transportation)*

**Tony Vigness** (Vice President)  
*Black Gold Farms*

**Callie Wagner** (Treasurer)  
*Minnkota Power Cooperative*

**Cindy Holweger** (Secretary)  
*Development Homes*

**Joe Strang**  
*Valley Dairy Car Wash*

**Dave Opp**  
*Opp Construction*

**Sally Miskavige**  
*Opp Construction*

**Dean Riley**  
*Steffes Corporation*

## COMMITTEES

**Communication Committee/Newsletter**  
(Tony Vigness)

Visit nosha.net for the latest announcements!

**Education Committee**  
(Tony Vigness)

### Upcoming GM Meeting Presentations

November: Megan Thorson, AuD, Altru –  
*Hearing Conservation*

December: *Safety Jeopardy*

**Membership Committee**  
(Dave Opp, Eric Pearson)

**NOSHA** is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals, and ideas to promote workplace safety.