Field Sanitation Team Certification Course (FSTCC)

NOISE HAZARDS AND NOISE MANAGEMENT
Enabling Learning Objectives

- Define the two types of noise
- Recognize the effects of noise on the individual and on the mission
- Identify the preventive medicine measures (PMM) necessary to protect personnel from exposure to noise
- Identify the individual preventive medicine measures (IPMM) necessary to protect personnel from exposure to noise
- Identify the noise management measures necessary to protect personnel from exposure to noise
Noise

Noise = any unwanted sound
Impulse/Impact Noise

- Impulse Noise
  - Small arms fire
  - Cannon fire
Steady Noise

- Field generators
- Personnel carriers
- Vehicles
- Aircraft
Effects of Noise
Immediate Reactions

- Ringing in ears
- Temporary hearing loss
- Pain
Long Term Reactions

- Permanent hearing loss
- No known treatment
Effects of Noise on the Unit Mission

- Inability to hear important sounds
- Soldiers/units can be caught by surprise
- Protective devices are available to all soldiers
- Vehicle/aircraft crewmembers wear protective helmets
- Train wearing hearing protectors
- Leadership awareness of effects of noise
  - Man LP/OP’s with unexposed soldiers
  - Use NVG’s or alarms to increase security
Other Hearing Devices

Aero Combat Arms Earplug

- Insert **YELLOW** plugs for weapons fire in dismounted mode.
- Insert **OLIVE DRAB** plugs for steady state noise in and around aircraft, noisy vehicles and watercraft, etc.
- Keep filter holes free of earwax and other debris.
- Check proper insertion for slight tension by gently tugging on plugs.
- Ensure that plugs are cleaned with soap and water and dry when returned to case.

http://botachtactical.com/aerocomarear.html
Individual Preventive Medicine Measures - IPMM
After 20 Years of Service...
Only One Regret

SGM Kevin M. Skelly

NCO Journal, Fall 95
- Wear hearing protection
- Do not remove inserts from helmets
- Avoid exposure to noise
- Keep hearing protectors clean
Hearing Protectors

- Must create a good seal
- Will work loose, must be re-seated
- Will not inhibit conversation
- Reduce noise levels by 15 - 35 dB
Demonstration

PROPER WEAR OF HEARING PROTECTORS
Demonstration (cont.)

- Remember - the only effective hearing protector is the one that is worn.
- Hearing damage becomes progressively worse with each exposure.
- YOU must be able to convince fellow soldiers of the importance of wearing hearing protection.
Noise Management

- Identify noise hazards
- Leader awareness
- Medical support
- Train soldiers to avoid noise
- Control noise sources