

Concrete trucks—Cleaning drums 2

Explain dangers

The mixing drum of a concrete truck must be cleaned regularly because concrete hardens and sticks to the drum.

During cleaning, workers may be exposed to these hazards:

- Start-up of the mixer unexpectedly
- Noise
- Vibration
- Respiratory hazards
- Skin hazards from wet concrete
- Heat stress.

The noise generated inside a drum while chipping concrete is so loud that double hearing protection is almost always required.

Some of the health effects associated with long-term noise exposure include:

- Permanent hearing loss
- Tinnitus (ringing in the ears)
- High blood pressure
- Tiredness
- Stress and anxiety
- Risk of heart disease
- Irritability

Identify controls

Hearing loss is permanent and irreversible, but it can be prevented. Follow some of these simple steps to reduce your risk while chipping concrete from drums.

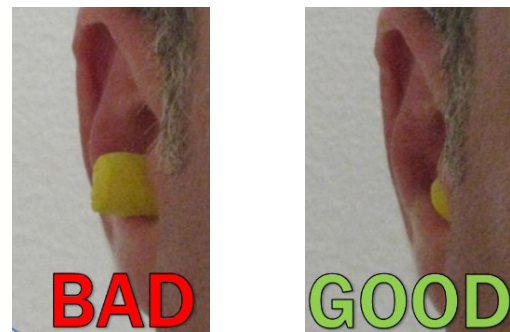
- Always follow the manufacturer's instructions for fitting and cleaning your hearing protection.
- In addition to the required personal protective equipment (PPE), wear earplugs and earmuffs together as the noise level is typically very high.
- Make sure your employer provides you with different types of hearing protection devices that are available. Pick the type of earplugs and earmuffs that feel comfortable for you.

- Always wear your hearing protection when chipping. For example, removing it for 5 minutes out of an 8-hour work shift can reduce the protection factor by 10 decibels!
- Wearing music headphones or listening to music under your earmuffs is not appropriate. This can actually increase your exposure to noise.
- Like any other equipment, you must inspect your hearing protection before each use. Look for:
 - earmuff cushions that are no longer pliable
 - dirt, cracking, or stiffness.

Demonstrate

Demonstrate to your crew how to properly fit earplugs and earmuffs (see pictures below).

Earplugs must be properly inserted all the way into your ear. The amount of protection it provides you depends on how well it is inserted.



For ear muffs, the headband should have good tension against the side of your head. There should be no gaps between the ear muff cushion and the sides of your head.

