

NIOSH Releases New App to Help Against Hearing Loss

Employers and workers now can monitor sound levels using their smartphones. The National Institute for Occupational Safety and Health (NIOSH) recently released a free mobile application for iOS devices that can help measure sound levels in the workplace.

The idea for this app started in 2014, after NIOSH research indicated that most apps on the market did not provide adequate functionality and accuracy to measure occupational noise levels. NIOSH partnered with app developer EA LAB to create the NIOSH Sound Level Meter (NIOSH SLM) to measure exposure on a level similar to professional instruments. The app is intended to:

- Raise awareness of the work environment
- Help workers recognize potential hearing hazards
- Be a research tool to help collect noise exposure data
- Promote hearing health and prevention efforts

This app is not meant to replace professional sound measuring equipment, but to be used as a supplemental tool to help in the prevention of hearing loss. It is recommended by the Centers for Disease Control and Prevention (CDC) that employers or workers interested in assessing noise levels more accurately with the app use an external microphone that can be calibrated with an acoustical calibrator. Click [here](#) to view a demonstration video, and visit the CDC website for more information.

To learn more about how you can help prevent occupational hearing loss, contact your BrickStreet agent or safety and loss control consultant.