



Earbud Use on Job Sites

What this Toolbox Talk Covers:

- ✓ The “Dos” and “Don’ts” for reducing hazards associated with the use of earbuds on a job site.

Discussion Notes:

- ✓ Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- Be aware there may be heightened safety risks associated with earbud use on a construction site, due to the presence of heavy machinery and moving vehicles.
 - Keep one ear free if you’re using an earbud for work-related calls.
 - Choose ear protection designed for safety when in loud environments, rather than music earbuds.
 - Stay alert to your surroundings, especially in high-risk areas.
 - Communicate with coworkers if you notice potential hazards like moving vehicles or machinery.
 - Remove earbuds entirely when near heavy machinery or high-traffic zones.
 - Know your company’s policy regarding using earbuds on a job site.

- Don’t**
- Wear both earbuds at once, as it limits your awareness.
 - Use earbuds to listen to music in active work areas.
 - Ignore alarms, warning sounds or verbal cues.
 - Assume it’s safe to use earbuds just because others are.
 - Compromise your focus by using earbuds in areas requiring full attention.
 - Reach down to pick up a fallen earbud in hazardous areas—this can lead to slips or falls.
 - Keep volume so loud that you do not hear warnings or signals. Prolonged exposure to loud volumes also can potentially damage hearing.

Meeting notes:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record:		Date: _____	Jobsite/Facility: _____
		Trainer: _____ Title: _____	
Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/	_____	/
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(Continue recording signatures on a separate sheet of paper)

Employee Quiz is provided on last page. Answers are: 1. (b), 2. (c), 3. (a), 4. (a), 5. (b)



Employee Quiz

Earbud Use on Job Sites

Employee Name: _____

Circle the correct answer below.

- | | |
|--|--|
| <p>1. What is recommended when using an earbud for work-related calls?</p> <ul style="list-style-type: none">a. Use both earbudsb. Keep one ear freec. Ignore site policiesd. Turn up the volume <p>2. What's the best way to stay aware near heavy machinery?</p> <ul style="list-style-type: none">a. Use noise-canceling earbudsb. Use both earbudsc. Remove earbuds entirelyd. Play loud music <p>3. Why shouldn't you pick up a dropped earbud in a hazardous area?</p> <ul style="list-style-type: none">a. It could lead to slips or fallsb. It's against site policyc. Earbuds are easily replacedd. It's unnecessary | <p>4. Why is using both earbuds discouraged?</p> <ul style="list-style-type: none">a. It limits awarenessb. It boosts productivityc. It's permitted on all sitesd. It improves sound quality <p>5. Earbuds are an appropriate option for ear protection.</p> <ul style="list-style-type: none">a. Trueb. False |
|--|--|

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____