

Health and Injury Risks NOISE STRESS	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS M. P. 1-A02.05 01/1998-N Page 1 of 1
---	--

INTRODUCTION

When the hazards associated with the profession of firefighting are discussed it would be remiss not to discuss the effects of noise. Sirens, air horns, power saws, extrication equipment, air chisels, and generators all produce potentially harmful levels of noise.

SIDE-EFFECTS

The most common adverse effect from noise is hearing loss, but a number of other health issues have been linked to excessive noise including:

- Adverse cardiovascular function.
- Increased levels of cholesterol.
- Emotional stress.

PREVENTATIVE MEASURES

Limiting voluntary exposure to excessive noise such as playing music loudly is a start. Wearing hearing protection provided by the Department at every opportunity is also a very proactive step.