

HEAR AROUND EUROPE

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ARMY HEARING PROGRAM EUROPE

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Have an idea for our next issue or want to be featured in the technician spotlight? Email all submissions to CPT Victoria Martin (contact info above)

Check Out our Hearing Technician and Hearing Program Officer milBook Pages

Are you following our milBook page? We have recently updated both the Hearing Technician and Hearing Program Officer (HPO) pages with many useful resources.

The Hearing Technician milBook page includes slides from the course, billing and coding guidelines, troubleshooting tips for DOEHS-HC, regulations, and several other useful documents.

The Hearing Program Officer milBook page includes sample presentations for annual unit hearing health educa-

tion, SOP templates, and documents required to be in the HPO Binder.

To request access to your respective page, navigate to the following link:

Hearing Technician: <https://www.milsuite.mil/book/groups/army-hearing-program-europe-hearing-conservation-technician-guide>

Hearing Program Officer: <https://www.milsuite.mil/book/groups/europe-regional-army-hearing-program>

Does Hazardous Noise Affect Warfighter Brain Health?



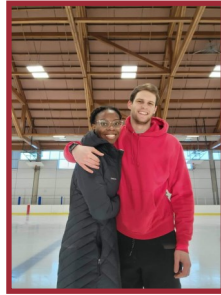
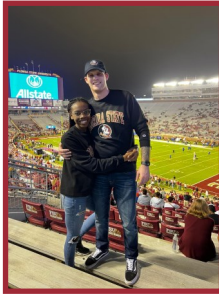
LTC M. Joel Jennings, Public Health Command Europe Army Hearing Program Manager, reviewed and fitted hearing protection for Soldiers of the Bull Battery, 4-319th Airborne Field Artillery Regiment, 173 IBCT (A), during a training exercise in Grafenwoehr, Germany, 7-10 FEB 23.

The live-fire exercise was evaluated by teams from the Defense Centers for Public Health – Aberdeen (DCPH-A) to assess the impact to the Warfighters that use the weapon system. The M119 is a 105 mm field artillery weapon system identified in the 2019 National Defense Authorization Act (NDAA) as one of seven Tier 1 weapons systems requiring further

evaluations of their potential impact on Warfighter Brain Health.

The goals of this study are to improve the DOD's understanding of the impact of blast overpressure, as well as impulse noise and hazardous gas exposure from weapon systems to the Service member's brain health and to better inform policy for risk mitigation, unit readiness, and health care decisions. Other team members included the PHCE Industrial Hygiene program manager and members of the DCPH-A Health Hazard Assessment and Safety and Occupational Health Assessment teams.

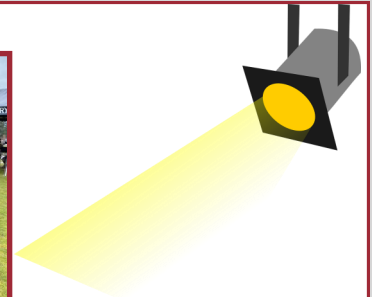
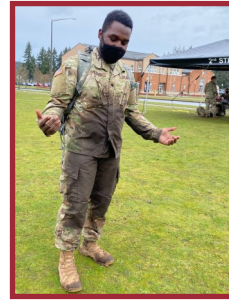
The Army Hearing Program in Europe is Excited to Welcome: SPC Cole Barnett



SPC Barnett is the new Public Health Command Europe Army Hearing Program NCOIC. He is joining us from Fort Wainwright, Alaska. He enjoys traveling the world, boxing, and trying new foods! He is happily married to his lovely wife Shye, and has an amazing dog named Atlas. SPC Barnett looks forward to learning all about Europe and its history.

Hometown: Lake Wales, FL
Favorite Sound: Thunderstorms

Hearing Technician Spotlight: SPC Antwanne Fludd



SPC Fludd is the primary technician at the Wiesbaden Army Health Clinic. While leading the program, he has improved STS follow-up compliance to 76% and helped train their newest technician. He is also helping facilitate the installation of their new sound booth which is expected to be completed mid-April.

Hometown: SE Washington, D.C.
Favorite Sound: Rap music

Is my Environment Considered “Noise Hazardous?”

Sound professionals (including industrial hygienists, acoustical engineers, and audiologists) can monitor sounds in the environment using a device called a sound level meter (SLM).

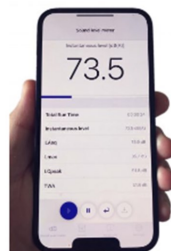
Sound professionals use this device to complete noise hazardous assessments. During these assessments we identify potentially hazardous noise sources, label noise hazardous areas and equipment, and determine individuals who are exposed to hazardous noise.

Many smart devices, including your smart phone, have applications you can use to measure sound levels in your environment in a similar way to an SLM. These apps can be used as a screening tool to determine

if you are potentially in a noise hazardous area.

To use a sound level meter app, the noise must be continuous (cannot be used for impulse noises such as weapons/explosions). If the continuous noise is 85 dBA or louder, you are in a noise hazardous environment. Keep in mind, these are screening tools and do not take the place of professional noise surveys.

Some SLM apps available include: NIOSH SLM (iPhone only), Sound Meter and Noise Detector (Android only), Decibel Pro, and SPL Meter.



All About the “3ft. Rule”

Soldiers and Civilians are required to wear hearing protection anytime they are around noise that is 85dBA or louder.

Three foot rule: As a rule of thumb, if someone has to raise their voice to be heard at a distance of 3 feet, the noise level likely exceeds 85 dBA and they should be wearing hearing protection.

If someone experiences muffled hearing or tinnitus after noise exposure, this is also a sign of overexposure to noise.



Note: Sound levels in motor pools often exceed 85dBa.