

We need to be aware of noise in the workplace because if we're exposed to too much noise, it can result in Noise Induced Hearing Loss.



Noise Induced Hearing Loss (NIHL)

Noise Induced Hearing Loss usually **develops slowly over time**, depending on someone's exposure, and is characterised by losing the ability to hear certain sounds before resulting in complete deafness. **NIHL is a permanent condition**, with NO CURE, but it is AVOIDABLE.



Symptoms of NIHL

During or after a day's work, if you experience any of the following symptoms, it could be a warning sign that you may be over-exposed to noise and at risk of getting NIHL.



- Tinnitus (a ringing in the ears)



- Difficulty hearing 's' and 't' sounds

2m

- Struggling to hear someone speak who's within two metres of you



- Speech sounding muffled and distorted



- A feeling of 'fullness' in your ears after leaving a noisy area.

Ask your team:

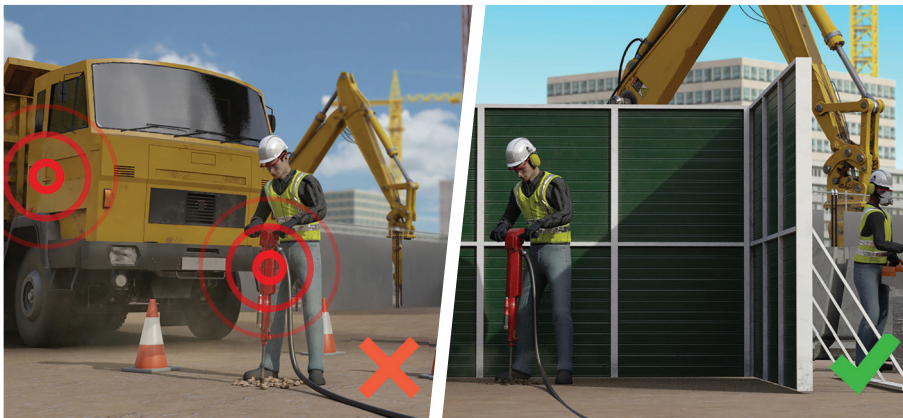
- Have you experienced any of the symptoms above?
- Are there certain areas in the workplace that are louder than others?
- What tasks have the most noise when performing them?
- Are there any noise-reducing controls currently in place at your work area?
- Are there any additional noise-reducing controls needed in your work area?
- Are there any noise-reducing controls in place that aren't working?
- Have you had your hearing tested in the last year?

Preventing Noise Induced Hearing Loss



The louder the noise, the quicker NIHL can develop.

- Avoid noise as much as possible. This includes not only working with noisy equipment or tools, but also working near others who are using such equipment.
- Spend less time in areas with high noise levels, if possible.



Know where high-noise areas are on site.

- If you have to work in an area with a high noise level, make sure to wear the proper hearing protection.
- Use noise screens or barriers around noisy equipment.
- Ensure high-noise areas are signposted.
- If an area is noisy, raise this with your supervisor. You have the right to stop working.
- Maintain equipment and ensure silencers are in place.

Make sure you are trained and use your hearing protection properly.



Report faulty or missing noise-reducing controls to your supervisor.

- If you notice any defective or missing controls, report them so they can be replaced or put in – this can help protect your hearing, as well as others'.



Go for regular hearing tests.

- You should go for a hearing test at least once a year.
- However, if you work in high-noise area, you may need to have your hearing tested more regularly.

Everyone has the right to be

100% Safe