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# *Noise*

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*at work*



# *What we'll cover today*

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- ⊖ How noise can **affect** you.
- ⊖ How would you know if your **hearing** was getting worse?
- ⊖ **Protecting** your hearing at work and at home.



# How noise can affect you

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## Hearing damage

Noise can cause **permanent** hearing damage that can affect all areas of your life.

Hearing loss can be sudden when exposed to a sudden **extremely loud noise** or gradual when exposed to noise over time.



# How noise can affect you

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## Safety issues

Noise at work can **interfere** with communications and make warnings harder to hear.

Noise reduces your **awareness** of your surroundings.

These problems can lead to safety risks – putting people at **risk** of injury or death.




# How noisy?



You are at risk if you are regularly exposed to noise above 85dB




# How could you know your hearing was getting worse?

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- Hearing conversations is more **difficult**
  - People complain about you having the TV **too loud**
  - You **struggle** to hear people on the phone
  - You find it difficult to catch sounds like 't' 'd' and 's' so you **confuse** similar words
  - You notice a ringing, buzzing or humming noise in your ears when it is **quiet**



# *What would hearing loss be like?*

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[http://www.hse.gov.uk/noise/  
audio/noise-induced-hearing-  
loss.mp3](http://www.hse.gov.uk/noise/audio/noise-induced-hearing-loss.mp3)



# *What can you do at work?*

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Think about **how** to get **rid** of the noise altogether and if you can't then...

-  Use **quieter** equipment.
-  Plan **exclusion zones** and make sure they are used.
-  **Limit** the amount of time you spend doing noisy jobs.
-  Make sure the tools you use are **properly maintained**.





# *What can you do at work?*

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**Choose** the best type of **hearing protection** for your needs.

Always wear **ear plugs** or **defenders** at work when you are expected to.

**Look after** your hearing protection.

**Tell your manager** if you have any problems.

Individuals at risk **must attend** their health surveillance appointments.



# *What can you do at home?*

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Think about wearing **hearing protection** when you are doing **DIY**.

Turn down the car radio and personal entertainment systems (e.g. MP3) a couple of levels.

Wear hearing protection when riding motorbikes.



## Key points

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- ⊖ Losing your hearing through noise can be **permanent**.
- ⊖ You can help to **prevent** this both at work and at home by wearing appropriate hearing protection.
- ⊖ **Report** any concerns as soon as possible.
- ⊖ Attend health surveillance **appointments**.
- ⊖ For more **information** visit - Occupational Health and Wellbeing on **Connect** or **Safety Central**

