

Noise

at work





What we'll cover today

- 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



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



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.

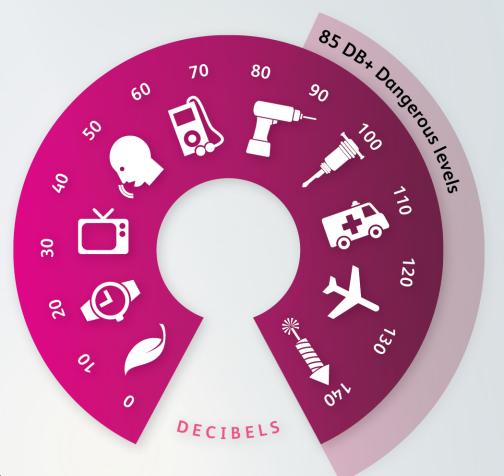




How noisy?



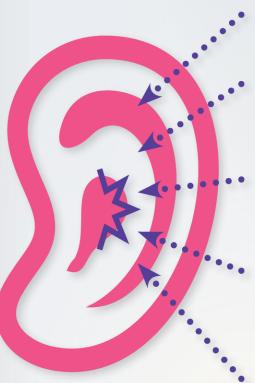
You are at risk if you are regularly exposed to noise above 85dB







How could you know your hearing was getting worse?



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?

http://www.hse.gov.uk/noise/audio/noise-induced-hearing-loss.mp3





What can you do at work?

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?

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?

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

- 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

