**FACTSHEET** 

# **Noise**

# NetworkRail

### Did you know?

Excessive noise exposure at work reduces your awareness of surroundings and make warnings HARDER to hear

to noise can cause IRREVERSIBLE damage to your hearing

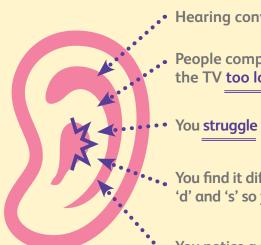
Repeated EXPOSURE

Tinnitus (PERMANENT **RINGING** in your ears) can happen

Your sleep can be DISTURBED



## Do you recognise any of the symptoms below?



- learing 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 can you do?



Avoid noise in the workplace where possible and follow work practices



Always wear hearing protection when required to do so



Ensure your hearing protection is well maintained



Always participate in any health surevillance programme



Report any concerns you may have to your line manager



Be aware of the amount of noise you expose yourself to outside of work

#### What can you do next?



OR (



If you have any concerns speak to your line manager who will arrange occupational health support

#### For more information...

visit the occupational health and wellbeing pages on connect, or to download podcasts, videos and presentations visit Safety Central: Safety. network rail. co.uk/Communication- and-Health/Occupational-Health- and-Wellbeing



