

FACTSHEET

# Noise

## Did you know?

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

Repeated **EXPOSURE** to noise can cause **IRREVERSIBLE** damage to your hearing

Your sleep can be **DISTURBED**

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



## 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 surveillance 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

## Do you recognise any of the symptoms below?



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 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.networkrail.co.uk/Communication-and-Health/Occupational-Health-and-Wellbeing](https://safety.networkrail.co.uk/Communication-and-Health/Occupational-Health-and-Wellbeing)



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everyone home safe every day