

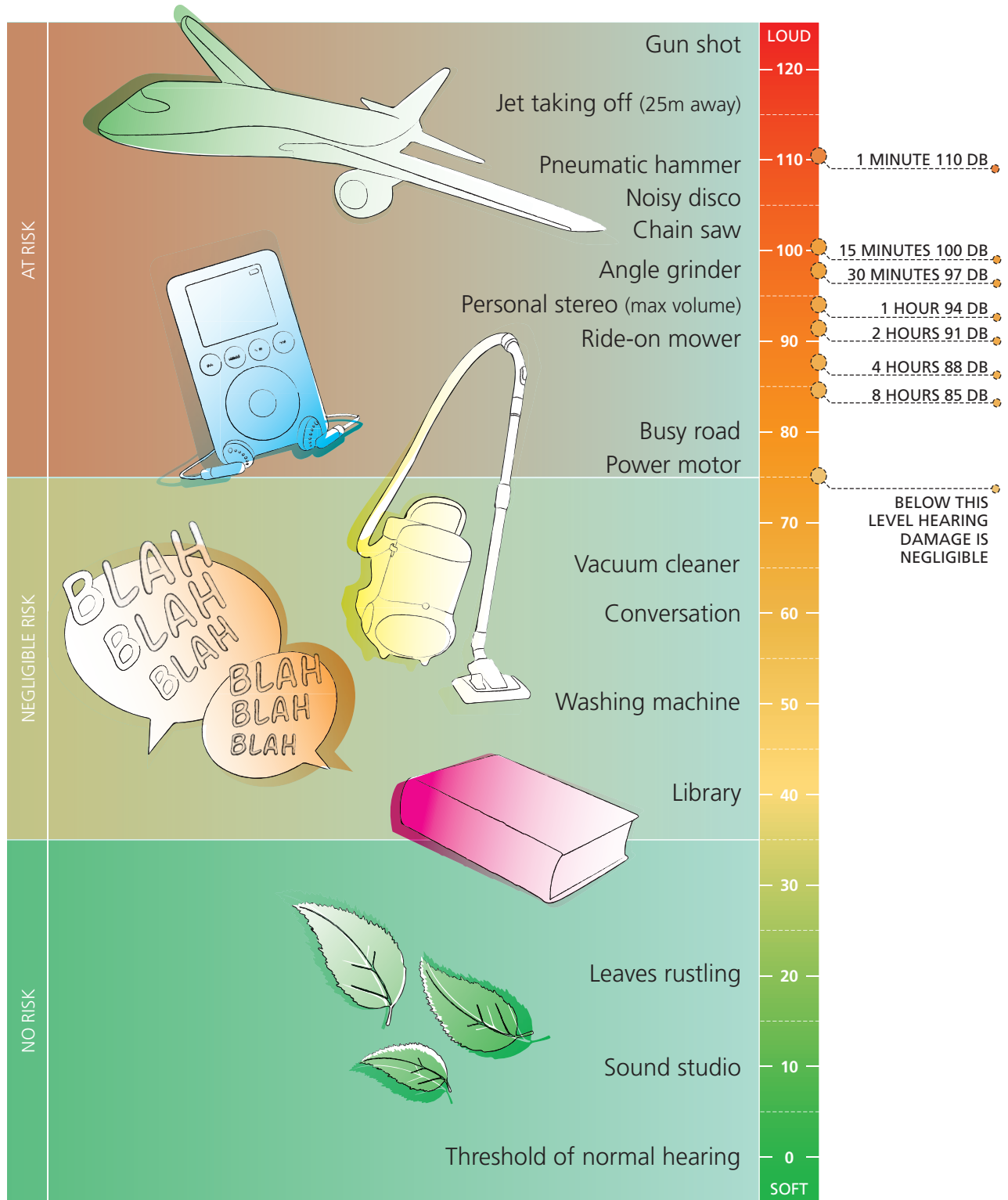


Noise destroys your hearing

HOW MUCH NOISE CAN CAUSE PERMANENT DAMAGE?

MANY DAILY ACTIVITIES CAN BE CARRIED OUT WITHOUT CAUSING ANY DAMAGE TO YOUR HEARING, BUT EXPOSURE TO NOISE DURING OTHER ACTIVITIES STARTS CAUSING DAMAGE AFTER A LIMITED AMOUNT OF TIME.

NOISE DESTROYS YOUR HEARING



THE NOISE LEVELS SHOWN ARE APPROXIMATE AND SHOULD ONLY BE TAKEN AS A GUIDE

NOISE LEVEL IN A WEIGHTED DECIBELS

PLEASE TURN OVER

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EXPOSURE TO LOUD NOISE CAN LEAD TO PERMANENT HEARING LOSS. YOU SHOULD TRY TO REDUCE THE NOISE WHENEVER POSSIBLE, OR LIMIT YOUR EXPOSURE TIME TO PROTECT YOUR HEARING.

How much noise is too much noise?

If you need to raise your voice or shout in order to be understood in background noise, then the noise is too loud. Either do something to limit the noise, such as turn it off or turn it down, or move away from the noise.

If your ears “ring” after you have been in loud noise, or the world sounds a little quieter, then the noise level was hazardous to your hearing.

Leisure and music

Don't imagine for a moment that it is only workplace noise that has an effect on your hearing.

If you attend discos, motor races or fireworks displays take earplugs with you. Learn to fit earplugs correctly, because they offer little protection if poorly fitted.

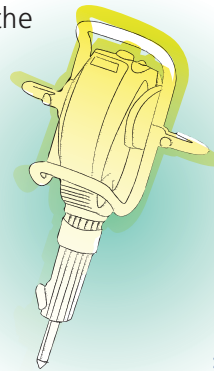
Take “time out” periodically in a quiet area, or limit the amount of time you spend there.

If you are listening to your personal stereo with your earphones and you don't hear someone speak to you, then the music is too loud. Personal stereos turned to hazardous levels are an increasing cause

of hearing damage, particularly amongst young people.

What can you do?

Damage to hearing due to noise exposure is cumulative. This means the higher the noise level and the longer the exposure, the greater the damage. It's like exposure to the sun and ultraviolet radiation. There is a degree of recovery during non-exposure time, but in the long term, the more exposure, the more damage.



- * Do not deliberately expose yourself to very high sound levels such as noisy machinery or loud rock concerts.
- * If your work place is very noisy, talk to your OH&S officer about making it quieter. It is an employer's responsibility to provide a safe work environment.



- * Limit your exposure by reducing the time of exposure and/or the loudness of the noise.

- * If you cannot avoid loud sound, eg mowing the lawn, then you should protect your ears with earplugs or earmuffs. Earplugs are cheap and can be purchased at a pharmacy or hardware store. Cotton wool does not provide adequate protection.

- * Sudden loud noise, such as explosions, gunfire, loud whistles or sirens can also cause instant and permanent damage to your hearing.
- * You should give your ears frequent rest from noise.

- * Be aware that the risk can increase if you are occupationally exposed to solvents or toxins or if you are taking certain drugs as well (particularly some powerful antibiotics).

- * Remember CAT:
C – Cover your ears,
A – Avoid the noise,
T – Turn it down!

LOOK AFTER YOUR EARS. IF YOU DAMAGE YOUR HEARING, IT WON'T COME BACK.



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