

What is your hearing test telling you?

AT WORK

- Is your work area as quiet as it can be?
- Are you sure you are wearing the correct hearing protection?
- Are you potentially exposed to ototoxins ("ear poisons" such as solvents and lead)
- Ensure your hearing protection is adequate and fitted correctly BEFORE you enter noisy areas!

ELSEWHERE

- Turn down the volume, particularly if you are wearing earphones or earbuds
- Noisy work at home or when out and about is just like noisy work at work, so protect your hearing the same way



HEALTHY

The green zone shows the normal range for healthy, young adults.



REVISE ALL NOISE EXPOSURES NOW!

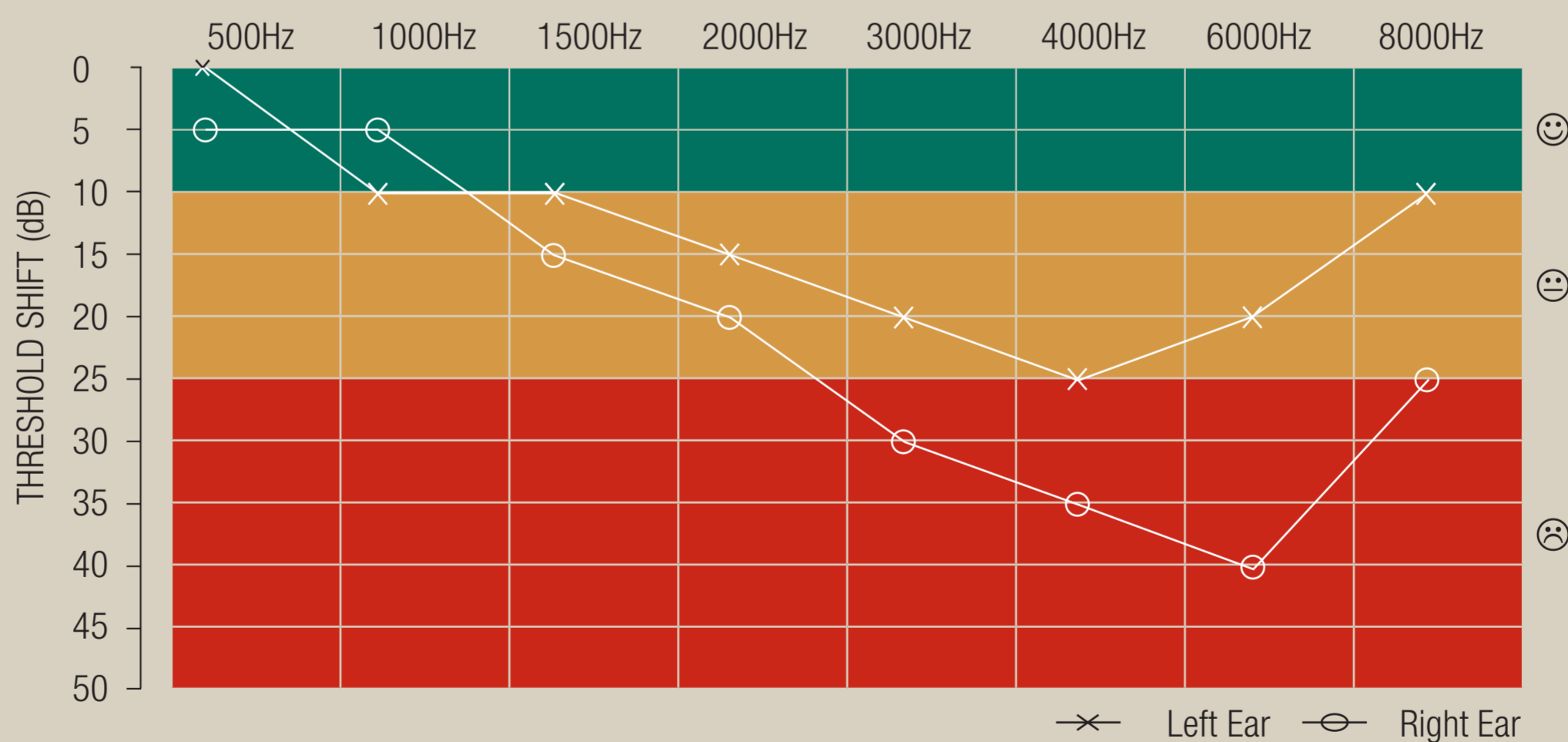
When your hearing test measurements fall into the yellow zone, it is time to review your exposure to noise at work, at home and during your leisure time.



HEARING IMPAIRED

You want to avoid your hearing levels falling into the red zone. In this zone, hearing is difficult. And asking people to speak up all the time is not only irritating to you.

TEST RESULTS FOR A 33 YEAR OLD MINE WORKER WHO NEEDS TO REVIEW HIS EXPOSURE



For advice on health matters in relation to mining or to advise changes in contact details for the MineHealth card, contact Resources Safety on 9358 8461, email contammanager@dmp.wa.gov.au or visit www.dmp.wa.gov.au/ResourcesSafety