

# Protect your hearing



## NOISE-INDUCED HEARING LOSS

Noise-induced hearing loss resulting from injury to the inner ear following prolonged exposure to noise can occur very slowly over a number of years, with changes not noticed from day to day. It can also occur very quickly following exposure to short-term excessive noise. Unfortunately, any hearing injury is irreversible and the hearing loss is permanent. This will significantly affect your quality of life.

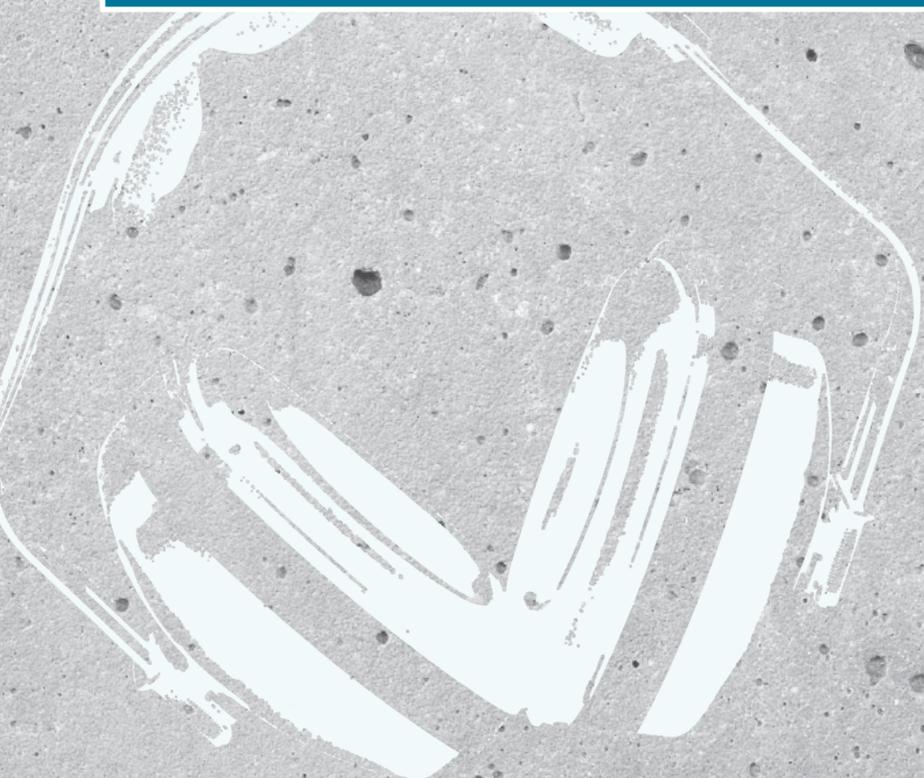
If you must shout or raise your voice to be heard by a colleague one metre away, then it's likely that your workplace noise levels are high and potentially dangerous, and the noise must be managed.

## WHAT ARE THE SIGNS OF HEARING INJURY?

- Sounds or speech seem muffled
- Difficulty telling words apart or picking out a voice in a crowd
- Distorted sense of loudness or hypersensitivity to sounds - sufferers may ask people to speak up, then complain that the person is shouting
- Ringing in the ears - tinnitus
- Needing to excessively increase the volume of a television, radio or portable sound device in order to hear them
- Difficulty hearing properly on the telephone
- Difficulty hearing and understanding when children speak.

## WHAT CAN YOU DO TO PROTECT YOUR HEARING?

- Use the noise control equipment provided and ensure it works properly
- Use hearing protection, such as earmuffs, earplugs, or both
- Put on your hearing protection before entering noisy areas
- Don't remove your hearing protection to talk in noisy areas
- Minimise the time you are exposed to noise
- Look after your earmuffs. Damaged protectors won't work properly
- Insert earplugs correctly
- Don't re-use earplugs as this may cause ear infections
- Report any problems with hearing protectors or noise control equipment to your supervisor
- Get your hearing tested if you suspect you have a hearing problem



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 [contamanager@dmp.wa.gov.au](mailto:contamanager@dmp.wa.gov.au) or visit [www.dmp.wa.gov.au/ResourcesSafety](http://www.dmp.wa.gov.au/ResourcesSafety)