



Avoid hearing loss.

Noise at work can lead to you losing your hearing.

Hearing loss is preventable, but once your hearing has gone, it won't come back.

Take action before it becomes too late

- ✓ Carry out noise risk assessments
- ✓ Use noise reduction equipment when provided
- ✓ Always wear suitable ear protection where required
- ✓ Consider surrounding trades/environment
- ✓ Increase your distance from the source of the noise wherever possible
- ✓ Keep hearing protection in good condition
- ✓ Take regular breaks when using noisy power tools or machinery

An estimated 17,000 people working during 2017/18 to 2019/20 suffered from Noise Induced Hearing Loss (new as well as longstanding cases) caused or made worse by work.

Labour Force Survey