

Hear Today, Gone Tomorrow

Always wear hearing protection in a noisy work environment

Make sure your hearing protection is:



Comfortable and easy to use



Clean and well maintained



Compatible with other personal protective equipment (PPE)



Fit for purpose



Top tip: If your voice sounds deeper or fuller while using hearing protection, it's likely you're wearing it correctly!

When working around noise:



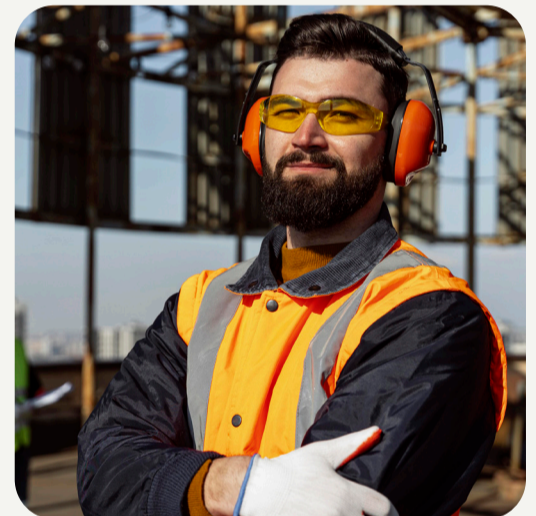
Wear the best hearing protection for the job

Ask your employer or safety officer for guidance on the type and class of hearing protection that is right for you.



Look out for signage and noisy equipment

Hearing protection must be used whenever you are in signposted areas.



Be careful of overprotection

You should still be able to hear instructions and warning sounds.

Hearing protection should always be used in combination with other noise control activities. To find out more about preventing noise induced hearing loss at work, scan the QR code*.



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