

Protect your hearing

- Hearing loss is progressive and permanent
- Builds up from exposure to all sorts of loud noise
- Totally preventable

How can you protect your hearing?



Turn it off



Walk away



Protect your ears



Limit exposure

Noise source	Time to damage hearing without protection
Chainsaw (104–109dBA)	1 to 7 minutes
Disk cutter (100–109dBA)	1 to 15 minutes
Bell logger (99–100dBA)	15 minutes
Hauler (76–96dBA)	30 minutes
Waratah (76–96dBA)	30 minutes
Loader (76–96dBA)	30 minutes

Protect your hearing

Loud noise damages the tiny hairs in your inner ear. If the hairs are damaged they can't carry sound to your brain, so you can't hear. These hairs don't grow back. Once they are gone, so is your hearing.

Limit noise at work as much as you can – that's your first line of defence

- Turn off equipment and machinery when you're not using it.
- Stay away from someone doing a noisy task if you can.
- If you're in a machine cab, keep the doors and windows closed, and use air conditioning.
- Get your hearing checked regularly.
- Don't think a few minutes of noise doesn't matter – in the long term it does.

Use the right PPE – that's your last line of defence

- Always wear the right hearing protection whenever you're doing a noisy job or around someone else doing one.
- Wear your hearing protection the right way, making sure nothing is breaking the seal. Don't wear it over hats, hoodies or sunglasses.
- Make sure your earmuffs are in good condition, with no creases or rips in the pads.
- Don't listen to loud music while you work – that defeats the purpose of protecting your hearing from noisy equipment.

Limit noise away from work as much as you can

- Turn down the music when driving, especially to and from work.
- Wear hearing protection if you're using power tools or lawn mowers at home, or you're going shooting or hunting.