

TOOLBOX TALK #1 THE IMPORTANCE OF HEARING PROTECTION



OVERVIEW OF TODAY'S TALK



FIT FOR PURPOSE PPE

Make sure your hearing protection suits the noise level around you.



REGULAR HEARING TESTS

Check your hearing regularly to catch any damage early.



PROTECTING YOUR EARS

Prevent long-term hearing loss by using proper protection.



REASON FOR THE TOOLBOX

We're here today to talk about hearing protection because working in noisy environments can permanently damage your hearing. Once hearing is lost, it doesn't come back, so it's vital to use the right equipment and follow the right procedures to ensure that you don't have to live with tinnitus or poor hearing for the rest of your life. By staying informed and protecting our ears, we can avoid long-term issues and keep doing our jobs safely without any unnecessary risks.

1. THE IMPORTANCE OF HAVING THE CORRECT LEVEL OF HEARING PROTECTION

It's important to wear the right hearing protection for the noise around you. If it's not strong enough, your hearing can still get damaged. If it's too strong, you might not hear what you need to stay safe. That's why regular noise assessments are done to make sure you're wearing the right gear. Your hearing protection is there to block out the harmful noise while still allowing you to do your job effectively and maintain ease of communication with your colleagues.

2. CORRECT DONNING & DOFFING OF EARPLUGS

Earplugs only work if they're used properly. When donning roll them between your fingers, pull your ear out and away from your head, insert them into your ear, and hold them there until they expand and fit snugly. If they're not in correctly, you're leaving your ears exposed to harmful noise. When doffing take them out slowly to avoid hurting your ears. It might seem like a small thing, but doing it right makes all the difference in protecting your hearing.



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3. THE REASON ITS IMPORTANT TO CONDUCT HEARING ASSESSMENTS

Getting your hearing tested regularly helps catch any damage early before it gets worse. If you work in a noisy environment, it's required by law to have these tests done. Hearing loss can sneak up on you, and by the time you notice, it's often too late. These assessments help us track your hearing health, so if any issues come up, we can adjust your hearing protection or take other steps to keep your hearing safe.

4. EAR HEALTH & NSW WORKPLACE STATS

Hearing loss from noisy workplaces is one of the most common injuries in NSW. Every year, thousands of workers end up with hearing problems because of high noise levels at work. That's why NSW laws make it mandatory to use hearing protection and get regular hearing tests. By protecting your ears now, you're not just following the law – you're also making sure you won't have to deal with hearing loss down the track.

5. GENERAL ADVICE

Always wear your hearing protection in noisy areas, even if you're only going to be there for a short time. Store your earplugs or earmuffs properly when you're not using them, and replace them if they're damaged. If your gear doesn't feel right or isn't comfortable, speak up – it's better to get the right fit than to risk your hearing. A little care goes a long way in keeping your ears safe, so don't take shortcuts when it comes to hearing protection.



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