

Tips
Noise

If you're working with noise, always use AS/NZ Standard approved hearing protection



Noise

Noise-related damage is a big problem in the construction industry. Hearing loss is permanent – but preventable.

Here's how:

- if you can't hear someone talk when you are 1-2m apart, you need hearing protection (and so do they)
- even short periods without wearing hearing protection will damage your hearing. For example, 5 minutes operating a circular saw will damage your hearing
- noise exposure is cumulative – 4 hours of noise at work plus 2 hours at a concert all adds up
- always make sure your hearing protection is in good condition
- make sure you know how to wear your hearing protection correctly
- we know it's hard, but try to plan noisy activity so it doesn't affect others, e.g. take yourself away from others on site or do it when there isn't anyone else around
- noise levels that are dangerous to you are just as dangerous to anyone else in the area. If you must create noise and don't have the option of moving or waiting until there is no one around, make sure that everyone's hearing is also protected before you start.