



PROTOCOL FOR EMPLOYEES UNDERGOING AUDIOMETRIC TESTING (HEARING TESTING)

TO BE GIVEN TO EACH EMPLOYEE/CONTRACTOR AT LEAST 24 HOURS BEFORE AUDIOMETRIC TESTING

Please read this important information carefully

This protocol outlines the minimum requirements for testing hearing; it informs you about hearing and how you could lose it and the purpose of testing hearing in noisy workplaces. It is so important to protect your hearing when at home and at work.

What you must do before you have your hearing test

Those attending for audiogram must remain in as quiet as possible environment for a minimum of 16 hours before their audiogram (hearing test) - including not using MP3 players, loud car music or similar. Prior to your audiometry test being conducted you will need to complete the short questionnaire as it will be needed at your hearing test session.

Hearing Loss

Loss of hearing occurs naturally with age. However, regular repeated exposure to relatively high levels of noise can cause loss of hearing. This loss is often slow in onset, cumulative and it's in addition to hearing lost naturally through ageing.

Testing your Hearing

Risk assessment and hearing testing as part of a regular health screening programme are the most important factors in preventing work induced hearing loss (deafness). The primary function of screening is to detect early changes, so far as possible to prevent the risk of noise induced hearing loss due to normal working practice.

Hearing

Sound waves are converted to vibrations by the eardrum and are carried to the inner ear by 3 small bones in the middle ear. In the Inner ear the vibrations are picked up by delicate hair cells and this is where the sense of hearing can be damaged by noise. Strong vibrations produced by high levels of noise can destroy the delicate hair cells.

REMEMBER – The damage is permanent and the hair cells do not grow back.