

Do **YOU** protect **YOUR** ears at work?



Do you enjoy a good night out on the town...

Or...

Do you find yourself working in a noisy environment such as a pub or nite club?

If so, you should read on...

A recent report by the Royal National Institute for Deaf People (RNID), found that three quarters of young clubbers regularly experience ringing in their ears or dullness of hearing after a night out. This is a **warning sign of hearing damage**.

This would indicate that those people who work in these types of venues are at an even higher risk of suffering **temporary or even permanent hearing loss**.

Until now, the **Control of Noise at Work Regulations (Northern Ireland) 2006** applied to all workplaces except for those providing music and entertainment. However, from 6 April 2008, all music and entertainment premises **must** comply with these regulations. As a result, all employers will be responsible for preventing or reducing noise exposure risks to their staff.

Local council Environmental Health Officers will be checking that nite club and venue owners are:

- Assessing the risks to their staff from noise at work.
- Taking action to reduce the noise exposure that produces those risks.
- Making sure the legal limits on noise exposure are not exceeded.
- Making sure nite club speakers face away from bar and seating areas.
- Providing staff with regular breaks and appropriate ear protection.
- If possible, providing quiet areas (where noise does not exceed 80 decibels).
- Displaying signs about noise levels and hearing protection.
- Providing free earplugs for staff and making them available to customers.

What should **YOU be doing to try and protect yourself?**

- Take regular breaks from the dance floor and use chill out areas to give ears a rest from loud music;
- Stand away from loud speakers;
- Wear ear plugs if regularly exposed to loud music.

For further information on noise at work, contact:

Newtownabbey Borough Council
Environmental Services
Mossley Mill

Telephone: 028 9034 0160

Email: envhealth@newtownabbey.gov.uk.

Fax: 028 9034 0177

You can also find information on noise induced hearing loss at:

www.dontlosethemusic.com