

How do you protect yourself from permanent hearing loss due to loud noise?

1. Whenever possible try to avoid noisy places



2. Always use the ear plugs at noisy work environments



3. Inform the work place management if you feel the noise level is high

4. Refrain from playing loud music at work places

5. Avoid frequent exposure to musical events with loud noise



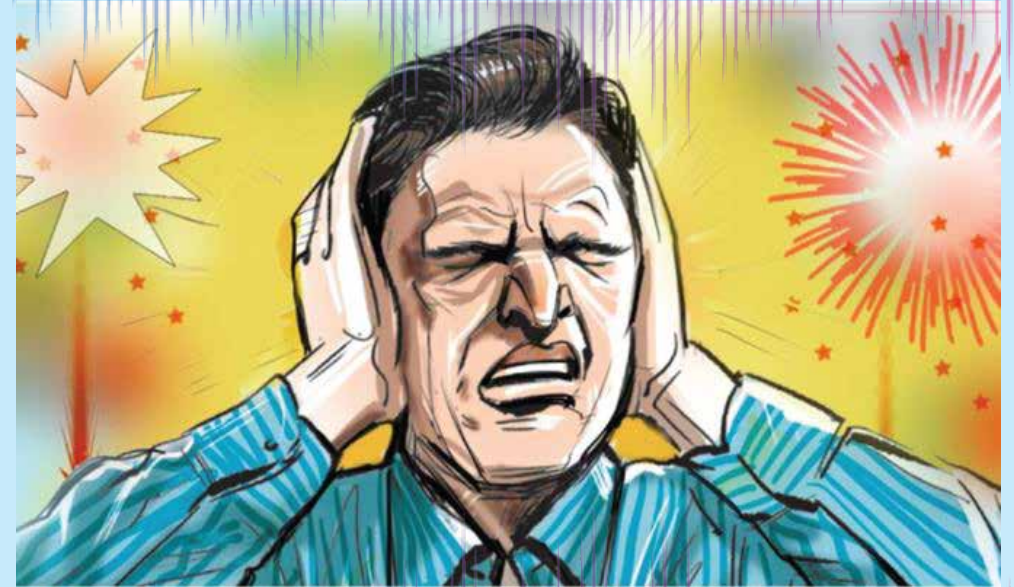
6. Refrain from listening to loud music using head phones

7. Refrain from playing loud music in buses

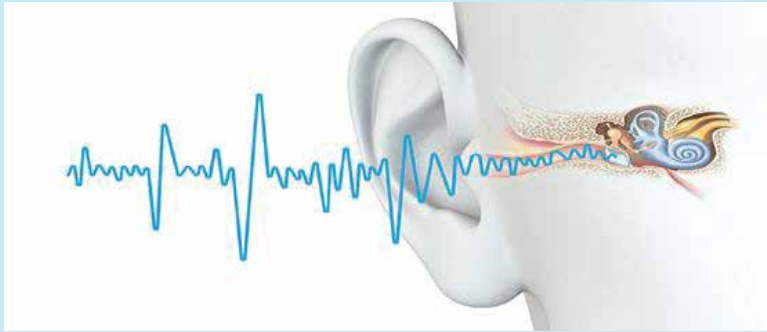


Loud noise is harmful to your health:

Are you aware of that?



Loud noise can cause permanent deafness



Other adverse effects of exposure to loud noise

- Sleeping disturbances
- Exhaustion
- Poor concentration
- Mental stress
- Reduction of efficiency
- Loss of productivity



Are you spending most of the time?

- In places with noisy machines
- In vehicles with loud noise
- Listening to loud music
- Listening to loud music using head phones
- Not using provided ear plugs at work
- Noisy environments



If so you are in a highly dangerous situation

- The unit which measures the noise intensity is known as decibel (dB).
- Please maintain the noise level below 85dB in your workplace over a 8 hour work shift.

How do you know that the noise level in the environment is too much?

If you cannot hear a person talking with you standing at arms' length clearly- you are at risk.

Using these QR codes you may download a mobile phone app to measure the sound level.

For android phones

For ISO phones

If you are at a higher risk, seek for medical advice.