



Do You Know What Tinnitus Is?

Why This Matters

Tinnitus is a condition that causes ringing or buzzing in the ears and can become permanent with repeated noise exposure. Understanding tinnitus helps workers protect their hearing and prevent long-term damage.

Common Causes

- Prolonged exposure to loud noise
- Not using hearing protection in noisy areas
- Sudden loud sounds or explosions
- Poor control of workplace noise levels

Practical Safety Actions

- Wear hearing protection in designated noisy areas
- Limit exposure time to loud equipment and machinery
- Follow workplace noise control procedures
- Attend hearing tests and report early symptoms
- Maintain equipment to reduce unnecessary noise

Protecting your hearing today helps prevent permanent hearing damage tomorrow.

