



Help & Info • Clients & Families • Printed Resource

Industrial and Workplace Hearing: Protecting Hearing at Work

Workplace noise can affect hearing gradually over time. People working in farming, manufacturing, construction, transport, workshops, factories, mines, music, machinery or other noisy environments may be exposed to noise that can damage hearing.

Reference: CHC-HI-CF-PR-006

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Why workplace hearing matters

- Noise-related hearing loss can develop slowly and may not be noticed at first.
- Once noise-related hearing damage occurs, it can be permanent.
- Hearing changes can affect communication, safety instructions, alarms, teamwork and everyday confidence.
- Regular hearing checks can help identify changes early and support better hearing protection planning.

Signs to take seriously

- Ears ringing or buzzing after work.
- Sounds seem dull or muffled after a noisy shift.
- Needing to increase the volume on the phone, radio or television.
- Difficulty hearing speech in background noise.
- Family or workmates notice you are missing parts of conversations.

Practical protection habits

- Use hearing protection correctly and consistently in noisy areas.
- Check that earplugs or earmuffs fit properly and suit the work environment.
- Move away from noise where possible or reduce time spent near loud equipment.
- Follow workplace noise control procedures.
- Book hearing checks as part of ongoing workplace hearing health monitoring.

When to seek advice

- Seek advice if hearing feels different after work, ringing continues, or speech is harder to follow.
- Employers can seek support with industrial hearing testing pathways and workplace hearing health programs.
- If your hearing changes happen suddenly, seek medical advice promptly.

Online resource: <https://chcare.com.au/services-and-solutions/industrial-and-workplace>

General information only. This resource does not replace individual clinical advice. Please contact Country Hearing Care if you need support with your hearing care.