

HEADSET SAFETY



Protect your ears today for better hearing tomorrow: by being mindful of how you use your headset now to prevent long-term damage. If you use a headset daily for work, it's important to take steps to protect your hearing. Long-term exposure to loud sounds can lead to hearing loss, ear pain, or tinnitus (ringing in the ears).

Hearing loss is **permanent**, but it is preventable. Follow these safety tips to keep your hearing healthy, when using headsets at work, while staying productive!

Choose the right headset

- Headsets that use both ears better than one ear.
- Over the ear headsets distribute noise better than ear buds because they don't sit directly in the ear canal
- To help reduce background noise look for headsets which create a reliable seal around the ears to block out a higher level of ambient noise
- Look for volume limited features when you are connected to a computer or phone to prevent exposure to excessive noise

Manage noise load

- Take breaks in quiet areas to help your ears recover; ideally follow the 60/05 rule of taking a 5-minute break with headset off per hour of use
- Try to work in quiet areas so to reduce need for high volume
- Use a two-ear headset for better distribution of sound
- If using a one-ear headset, switch sides often to avoid straining one ear

Establish a safe volume

- At most, keep the volume 60-70% of max volume
- If others can hear from your headset, its too loud
- Let others know if you can hear their headset
- Quiet work areas or active noise cancellation can help

Maintain headset comfort and hygiene

- Clean your headset/earbuds regularly with disinfectant to avoid bacteria buildup
- Keep your ears dry, moisture helps promote infections
- Don't share – that helps spread germs
- Make sure your headset aren't too tight or putting too much pressure on your ears

Monitor your hearing

- If you experience ringing, muffled hearing or ear pain/discomfort, lower the volume, take breaks and visit your doctor if symptoms persist
- Get your hearing tested every two years

Make an appointment for a hearing test using [this link](#), or by calling the office at 604-432-8712.

Your hearing is irreplaceable- Take care of it!