

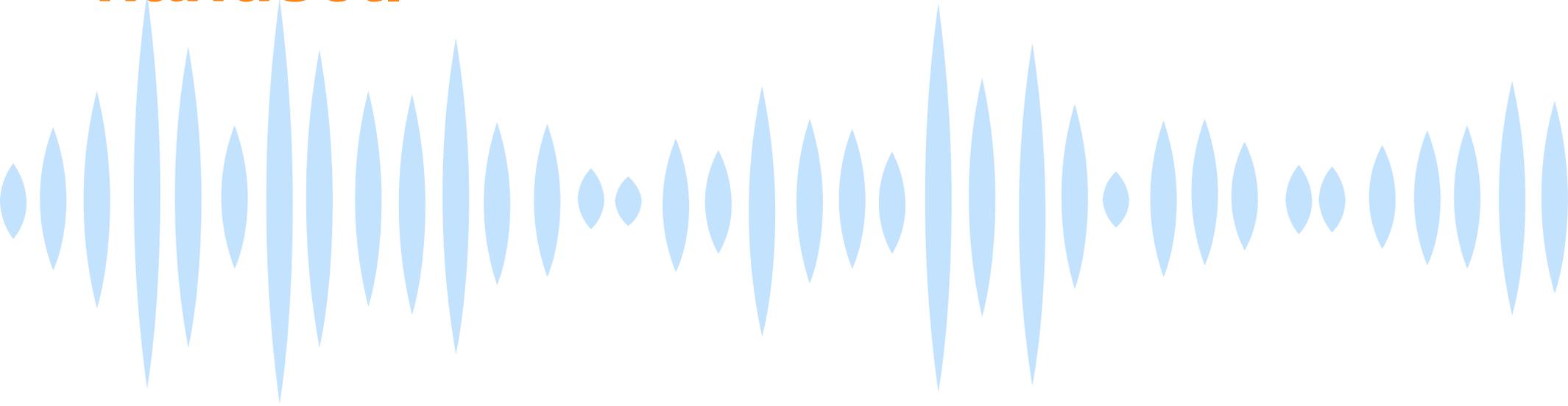


Headphone use and Noise At Work

**What you
need to know**

Did you know?

Headphones on sale in Europe are restricted to a maximum output of 100dB when used with a mobile handset.



Did you know?

The maximum safe listening period at 100dB according to the action levels in the regulations, is likely to be between 15 and 30 minutes in any 24-hour period.



**But how do you know how long
and how loudly your employees
are listening for?**

**and how it affects your health
and safety responsibility?**



If an employee were to listen at an average of say 94dBA for their eight-hour working day, they could receive a sound dose which is equivalent to **four times** that permitted under the Noise at Work Regulations.

Don't get caught out

Under the regulations, it is the responsibility of the employer to manage the sound exposure levels of employees whether headphones are **required for work or not.**



The Risks

An employee who uses headphones for work, or at work with permission, who suffers hearing loss or other hearing health harm could make a claim against their employer and their insurer.

A decorative graphic at the bottom of the slide consisting of a series of vertical, teardrop-shaped elements of varying heights and widths, arranged in a wave-like pattern, resembling a soundwave or audio waveform. The elements are light yellow and have a slight gradient.

What you can do



Educate your employees on safe noise levels and how it can be easy to over expose to noise.



Include Safe Headphone Use and Guidance as part of your Health and Safety and Employment policies



Consider monitoring individual risk cases for example someone who always wears headphones.

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