

ULTRA ACCESS

Physical Health Alert: Tinnitus

What is Tinnitus - and how can we protect ourselves from it

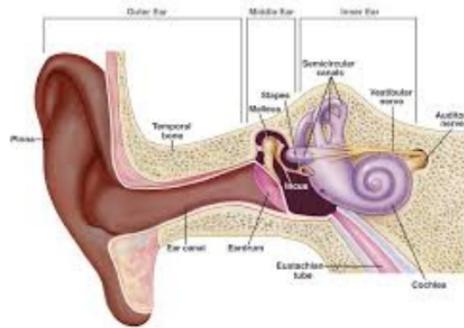
Tinnitus is like a constant buzz or ringing in your ears that just won't quit, like a jackhammer that's stuck on low or the hum of a busted radio you can't turn off.

It is often caused by hearing damage from age-related or noise-induced hearing loss, but can also result from earwax build-up, ear infections, certain medications, head and neck injuries, or underlying health conditions like Meniere's disease or diabetes...

... some people experience it without any obvious cause, which makes it all the more worse.

Construction workers are used to loud noises, like; saws, grinding, plant and such, and **Scaffolders in particular with the continued use of their "Drills" / Impact Wrenches are at an increased and considerable risk of hearing damage.**

Irreversible damage to the **Cochlea** - which is the spiral-shaped, fluid-filled cavity in the inner ear. It converts sound vibrations into electrical nerve impulses that the brain interprets as sound.



This damage is the most likely due to constant exposure to loud machinery without proper ear protection. With around 85dB (decibels) being generally being considered the maximum "cut off point" before sounds can become dangerous, and even then, exposure to 85dB can only occur for a very short amount of time, unprotected...

LEVEL OF NOISE in decibels (dB)

Faint 20 dB Leaves rustling Soft 30 dB Whisper 40 dB Quiet library Moderate 60 dB Conversation	Loud 70 dB Traffic 80 dB Alarm clock Extended exposure to noise levels above 85 dB can cause permanent hearing loss	Very Loud 90 dB Power tools 100 dB MP3 Players 110 dB Sporting events Uncomfortable 90 dB Dance clubs	Painful 130 dB Ambulance 140 dB Fireworks/Guns Always avoid exposure to very loud noises and protect your ears with hearing protection
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Decibels (dB) are how we measure sound, with the decibel scale being logarithmic, meaning that loudness increases exponentially.

The difference between say, 85dB - the maximum (but minimum exposure) safe level, and 95dB is staggering. **"Scaffolders Drills" could be as loud as 100dB**, which is again exponentially louder than 95dB, and even louder still if in an enclosed area or space. 100dB is no joke, and can cause serious long term damage over time.

Hearing protection whilst using your "Drills" is the only way to protect your ears from the (considered dangerous) - constant 100dB noise exposure. These could be by way of small disposable ear buds, which are usually readily available on most medium-large construction projects, or can be bought online, cheaply and in large quantities.

ULTRA ACCESS always recommends having a few packs of these in your kit, just encase - and especially when working on enclosed spaces, like Liftshafts.

Look after your hearing, you wont get a second chance... living with that constant ringing is no fun whatsoever...