

# HCA

UK  
HEARING  
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ASSOCIATION



NEWS, VIEWS AND UPDATES...

[hearingconservation.org.uk](http://hearingconservation.org.uk)



June 2020

## Welcome

Welcome to the second edition of the UKHCA Newsletter. I hope this finds you and your families well at this very strange time – we send our good wishes to you all.

In this edition we have a couple of articles related to our progress on Hearing Conservation in Educating young people and in Music and Entertainment. We also focus on some pertinent issues relating to noise during the current global pandemic and include an article supplied by one of our members on ototoxic chemicals.

As always we hope you enjoy the content and if you have any comments or would like to make a future contribution please contact us at [enquiries@hearingconservation.org.uk](mailto:enquiries@hearingconservation.org.uk)

To make sure you receive future copies of this newsletter please sign up here <http://hearingconservation.org.uk/>

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## Protect your ears for life!

The UKHCA have 5 special interest groups to focus attention on raising awareness and influencing groups who we feel are at most risk and would benefit from advice and steer in hearing health care. One specific group we are aiming to influence is young people who are particularly vulnerable due to long periods of unprotected listening to personal music players – and who have little to no education on the impact this is having on their hearing and mental health.

The UKHCA, with support from its members, Starkey and Cluistrom put together a **Protect your ears for life!** school enterprise day which was hosted by a construction Joint Venture known as Fusion through their community engagement programme. The event provided the opportunity to influence 180 year 9 students, between 13 and 14 years old, about sound, noise and hearing and improving awareness of dangerous noise. The event also

allowed us the opportunity to educate these young people on how best to protect their hearing; now as in influencing their listening habits and for the future to think about noise when in the workplace.

To read more about the event [CLICK HERE](#)

If you are interested in hosting or arranging one of our Protect your ears for life! school enterprise days contact us at [enquiries@hearingconservation.org.uk](mailto:enquiries@hearingconservation.org.uk)

## Hear for Tomorrow An event for music lovers *rescheduled for the 24th March 2021*

Last time we teased you with what was to be our first official conference event. Given the pandemic crisis we have had to move the date of this event.

However, you may be interested in a live free online lecture by the main organiser of the event Professor Steven Dance; **Face the Music: Hearing and the Sound of Performance**. This will take place on Thursday 2nd July 2020 at 4-5pm. If you would like to attend this event please contact us at [enquiries@hearingconservation.org.uk](mailto:enquiries@hearingconservation.org.uk) for the joining details.

Professor Stephen Dance has spent the past 14 years collaborating with leading music organisations on acoustic solutions. The research focused on providing education, raising awareness, and producing designs which would allow these extraordinarily talented and dedicated professionals to continue to performance to the very highest standards.

The lecture will combine architectural acoustics, audiology, product design, material science, education, noise control, and functional art. This is necessary as there is no golden bullet to solve the issue of, "music, is it noise?".



## New Hearing Conservation guidance for those managing music rich environments

We are also pleased to support new sector guidance on developing an effective hearing conservation strategy. The guidelines provide recommendations on implementation of best practice, cost effective health conservation strategies to educational institutions, students, performers, teachers, managers and venues on appropriate hearing conservation in a music-rich environment.

These guidelines are intended to assist managers develop and implement health conservation strategies in educational institutions but is expected to be of interest to the wider industry.

To view the guidelines [CLICK HERE](#)

## Turn the noise up!?... *By Neil McIntosh, Cluistrom*

For people who don't suffer from Tinnitus it is difficult to understand the incredible debilitation of the condition. As an audiologist and supplier of specialised hearing protection I have been around sufferers many times throughout the years and although each case is different there is one common theme apparent with most sufferers - Lack of noise is bad!

When a person who suffers with tinnitus is put in a quiet situation then their tinnitus becomes more apparent and the brain latches on to this noise more than normal. This is why the majority of sufferers who present themselves at a clinic will complain that the condition worsens at night. The reality is of course that the condition remains the same but the outside noise that would normally stimulate the senses and thus dull the tinnitus has diminished and so the tinnitus "sounds" louder. As a treatment the first attempt at a remedy would be to ascertain if the hearing level itself is diminished. If it is, the easy course of action is to supply a hearing device during the day and lift the threshold above the tinnitus sound – easy! No, because at night when the aid is removed – same old story but now with added insomnia.

Read the full article [CLICK HERE](#)

## Ototoxicants – *what are they and how may they worsen hearing loss in the workplace?* By Satish Lakhiani, Essel Acoustics

It's well known that hearing damage may be caused by exposure to loud noise, and that the degree of damage is more severe the longer the period of exposure is to noise. What may not be common knowledge is that there is strong evidence that some chemicals (known as ototoxicants) including medicinal drugs could cause hearing loss or imbalance when exposed to them. These effects are independent of noise and may be either temporary or permanent.

It therefore follows that exposure to both noise and ototoxic substances elevate the risk of hearing loss, and this needs to be recognised when carrying out a noise risk assessment.

Read in full [CLICK HERE](#)

## Meet Our Newest Founding Member

UKHCA are pleased to welcome on board the [Association of Noise Consultants](#) (ANC) as our most recent partners to join the UKHCAs founding membership.



The ANC is the representative body for acoustics, noise and vibration consultancies and has 110 member companies employing over one thousand consultants. The ANC seeks to raise the standards of acoustic consultancy and improve recognition of the vital role which good acoustics, and the management and mitigation of noise and vibration play in achieving good design and effective planning in the built and natural environment.

We look forward to collaborating to bring about change through our combined expertise and influence.

## Headphone Habits During Lockdown

*By Stephen Wheatley, HearAngel*

As someone with a keen interest in human behaviour I have been intrigued by the changes we have been forced to make to our everyday lives, some of them negative (I miss cuddling my kids and grandkids, the pub and just being with friends) though some are positive (random acts of kindness, caring for our friends and the sense of community).

Being interested in hearing safeguarding in general and amongst headphone users in particular I wondered what effect, if any, the move to home working had had on my friend's and family's listening habits, so I conducted a completely unscientific survey.

Read more [CLICK HERE](#)

## The Quiet Project

The Covid-19 lockdown has created unprecedented environmental sound conditions around the globe as aircraft are grounded, use of cars, buses and trains sharply decrease, workplaces remain closed and whole communities stay at home. These conditions have created a new kind of environment never experienced before or likely to occur again.



The Quiet Project is a vital and time-critical community response to the CoVID 19 lockdown. Its primary aim is to crowdsource environmental sound levels and observations from the acoustics community across the UK during lockdown and to repeat these observations at fixed milestones as the UK recovers.

The study is asking for private companies, public organisations and academics to gather sound level and other relevant data in accessible places during and after the lockdown period.

The information will go into a database to enable the project to map changing environmental sound levels across the country. This information can then be used to inform other crucial studies such as for future transport solutions, environmental and ecological changes and tracking the health of the UK economy. For us in hearing conservation it would be useful to know how this affects our mood, stress levels sleep and wellbeing.

The public are invited to get involved by taking spot measurements and making observations of the changing environmental sounds using the Soundprint app available for Apple and Android devices: <https://www.soundprint.co/>

You can find out more about the project here [www.thequietproject.co.uk](http://www.thequietproject.co.uk)

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*If you feel you have a news story, innovative ideas or a challenge for others around hearing conservation and preventable causes of hearing health harm please contact us. We are driving forward work through our 4 Special Interest Groups - Hearing Conservation; At Work, At Leisure, Through Education of Young People and in Music and Entertainment.*

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**The UK Hearing Conservation Association**

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