



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



September 2020

## Welcome

Welcome to the third edition of the UKHCA Newsletter.

In this edition we can highlight our new website and introduce a series of exciting and informative webinars we are running. We can also share with you a couple of articles from our members related to restaurant noise, ensuring your noise instrumentation is fit for purpose and challenges for a coherent approach to the prevention of noise induced hearing loss in South Africa. We also highlight some new guidance available from us on Procuring Noise Consultancy services and making workplaces fit for hearing aid users.



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>

## Our new website

UK HEARING CONSERVATION  
ASSOCIATION

Passionate about preserving and promoting the protection  
of our nation's hearing health

LEARN MORE



We have revamped our [website](#) to make it easier to use and navigate. We have quite a lot of information up there already – particularly on our '[At Work](#)' webpage and '[In Educating Young People](#)'.

Check it out and if you have any ideas or would like to join our Special Interest Groups we'd

love to hear from you. These groups will be working hard over the coming months to develop more materials and information on 'At Leisure', 'By Design' and 'In Music and Entertainment'.

[Let us know](#) if you'd like to be involved!

## **Listen up! Let's make a noise about NOISE!!**

*A series of webinars in association with the British Occupational Hygiene Society*

We have teamed up with the **British Occupational Hygiene Society** - the Chartered Society for Worker Health Protection – to put on a series of webinars on important topics around noise, hearing and noise management.

The first in the series will be; **Listen Up! Are professionals taking noise seriously enough**; featuring presentations from Chris Steel, Specialist Inspector at the HSE and Peter Wilson, Technical Director at Industrial Noise & Vibration Centre.

The recent HSE prosecution of a self-employed consultant, has brought to light the need for both employers to ensure they are intelligent customers in procuring advice and for consultants to ensure they are competent to provide such services.

This webinar will shed some light on the HSE findings on noise and noise surveys, detail why noise in the workplace remains a significant issue and advise on some simple things that can be done and why we should be pushing for change.

[Sign up here](#) to join us on the 24th September

Read more about our new guidance for employers procuring noise consultancy services below

Running every two weeks from the first on the 24th future sessions will cover;

- Hearing tests and new advances in technology (8th Oct at 2pm)
- Is your Hearing Protection protecting... (22nd Oct at 2pm)
- Managing Reproduced Sound/Noise in office and industrial environments (5th Nov at 2pm)

## **New guidance material from the UKHCA**

[Be a Smart Buyer when it comes to Noise Consultancy Services](#)

You have a duty in law as an employer to make sure you access competent services to help you manage your health & safety risks. However, it can be tricky to know what the right level of service and competency is in specialist technical fields. This guidance will help you to ask the right questions and be reassured that you are procuring both quality and a professional level of support in managing noise risks.

The guidance has been drafted by members of the Institute of Acoustics, the Association of Noise Consultants, IOSH and BOHS.

[Managing Hearing Impaired and Hearing Aid Users in Noisy Workplaces](#)

In meeting your duties to protect workers from excessive noise exposure you are likely to come across hearing impaired persons or hearing aid users in the workplace who may be more vulnerable or susceptible to noise at work. What are the issues you need to consider for this particular group of workers to keep them safe, continue to protect their hearing and avoid exclusion or isolation issues. This guidance was drafted by experts from the HSE

over a number of years and will help employers to think about the key issues and answer some of the questions you will have in meeting your duties and protecting your people.

### **Interested in Construction Noise?....**

We will soon be publishing new guidance, information and advice on construction noise.

To make sure you keep up to date please sign up to receive our newsletter or contact us at [enquiries@hearingconservation.org.uk](mailto:enquiries@hearingconservation.org.uk)

## **A Coherent Approach to the Prevention of Noise Induced Hearing Loss in South Africa**

*by Nolwazi Letsoalo, HearingCoach audiologist, MS. Audiology, UP*

HearingCoach, situated in Belgium (Peer), The Netherlands (Purmerend) and South Africa (Pretoria), is a key player in health surveillance programs and leading in the field of OAE-applications for the early detection of hearing damage due to physical (noise), chemical or medical agents. This article explores the challenges HearingCoach have been experiencing in South Africa with current hearing conservation programs.

In the days of COVID-19 and what we all like to call the new normal, we easily forget that noise has become an everyday contributing factor to several challenges affecting the quality of life. Such challenges include communication loss, where speech intelligibility is affected. It can also impact on our daily lives through fatigue, sleep disturbance, cardiovascular and physiological effects, reduced performance at work and many others. The health significance and implications of noise exposure are quite severe, especially pertaining to safety, quality of work and social life. Conversely, this article is related to specific tools of a hearing conservation program to improve the burden of NIHL in our society.

Read the full article [CLICK HERE](#)

## **COVID 19 Link to Hearing Loss..**



A new study by audiologists at the University of Manchester - supported by the NIHR Manchester Biomedical Research Centre (BRC) - has found that a significant number of patients reported a deterioration in their hearing when questioned eight weeks after discharge from a hospital admission for Covid-19.

121 of the adults admitted to Wythenshawe Hospital, part of Manchester University NHS Foundation Trust, took part in the survey by telephone. When asked about changes to their hearing 16 people (13.2%) reported their hearing was worse. 8 people (6.6%) reported tinnitus, and another 8 people reported deterioration in hearing.

The results, published in a letter to the International Journal of Audiology, adds to a growing body of anecdotal evidence that the strain of coronavirus which causes Covid-19, SARS CoV-2, has long-term impacts on health, and possibly hearing.

With credit to our colleagues and partners at British Tinnitus Association for highlighting this research.

Read in full [CLICK HERE](#)

## Restaurant noise - a barrier to enjoyment

*By Andrea Harman, Concept Developer for Healthcare for Saint Gobain Ecophon*

We go to a restaurant to enjoy the food and ambience, but also as a social event; it offers us an opportunity to catch up with friends and enjoy a chat.

For many people high levels of restaurant noise acts as a barrier to inclusion in conversation so affecting their enjoyment of the experience. This is reflected in noise being listed as one of the main reasons for customer complaint.

Read more [CLICK HERE](#)



## Why noise instrumentation is not always the dBs.

*By Neal Hill, a Director of One Plus One Consulting Ltd.*

If you have to raise your voice to communicate face-to-face, in a socially distanced workplace setting, then you probably have a noise problem. Pass Go, collect £200 and head straight to the hierarchy of controls (see Figure 1).

You may want to put your metaphorical £200 towards some hearing protection (as an interim measure), some training, advice or indeed a sound level meter (SLM) or noise dosimeter.

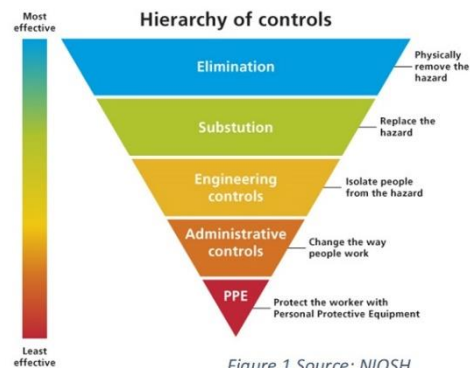


Figure 1 Source: NIOSH

Maybe I should declare an interest here, having worked directly in noise measurement and hearing protection because I have a bit of a bee-in-my-bonnet and I apologise in advance if this article turns into a rant.

What's my issue? Instruments that claim to be CE compliant but that don't actually meet the relevant IEC standard(s).

Read more [CLICK HERE](#)

## Meet Our Newest Members

UKHCA are pleased to welcome on board Minuendo as our most recent partners to join the UKHCA's membership.

Minuendo AS was formed in 2018 as a commercial spin-off from SINTEF, one of Europe's largest independent research organisations. The core technology was the result of a three year development project co-funded by SINTEF and the Research Council of Norway. Minuendo headquarters are located in Oslo, Norway and their UK office was opened in August 2020.



Minuendo Lossless earplugs were born out of a passion for protecting the ears of musicians and music lovers.

See [www.minuendo.com](http://www.minuendo.com) or contact [neal@minuendo.com](mailto:neal@minuendo.com) (0)7498 209608 for further information.

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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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