



Welcome

Welcome to the Autumn edition of the UKHCA Newsletter.

We hope you enjoy this edition of the newsletter and as always, we welcome feedback on our work and are always appreciative of articles or news stories for future editions. Please contact us with any thoughts or feedback at enquiries@hearingconservation.org.uk

Listen Up Conference 2022 - Discount Now Available

**LISTEN
UP
CONFERENCE**

HCA | UK
HEARING
CONSERVATION
ASSOCIATION

**Inaugural UKHCA
Annual Conference**
3 November 2022

Pendulum Hotel &
Manchester Conference
Centre | Manchester

**20% Discount on in-
person attendance!**
Only available until 25 September!

We are now in the final stages of preparations for our inaugural conference. To fill up the final few spaces we have a limited time offer of a 20% discount on the in-person delegate fees.

DON'T MISS OUT on this fantastic opportunity to hear from world renowned experts, learn about best practice and access innovative product and service providers.

- Members Price: £65 now £52
- Non Members Prices: £105 now £84

This discount is only valid until 25 September so make sure you register now to take advantage of this special offer!

REGISTER NOW

Our inaugural conference will provide the opportunity to hear from a range of eminent speakers including an update and insight from a N&V Specialist Inspector from the HSE. Hear from the BOHS CEO about the implications of not protecting people and reducing risk at source. Insights into design opportunity; both for reducing the potential for noise transmission but also to enable inclusivity in work and social spaces that promote wellness. Get the latest information from leading academics on how noise affects health and the psychological barriers to taking noise seriously. Also, advice and perspectives on good noise control practice. Plus much more. This is an opportunity not to be missed if you are interested in progressing your approach to hearing conservation or learning more about what this is! View the programme [HERE](#)

Hidden Noise



This article is second in our series on hidden noise, written with and for the UK Hearing Conservation Association (UKHCA). Our first piece defined Hidden Noise and how it may be damaging the health of millions more UK workers than has been generally accepted.

This follow-up piece presents 5 simple reasons why Noise and Hidden Noise at Work matters to your organisation:

- *how hidden noise could be costing your organisation*
- *the costs of hidden noise*
- *where to find out more about addressing hidden noise*

[5 Ways Hidden Noise Matters in Your Organisation - WorkScreen \(workscreenuk.co.uk\)](https://workscreenuk.co.uk)

Raising the Profile of Hearing Health – Together!



We are excited to partner with [SoundPrint](#), a hearing health app, to promote hearing health awareness. The UKHCA believe this campaign will provide us with unique insights into sound levels, #hiddennoise and also raise the profile of our relationship and tolerance of sound in the workplace and our social spaces. Join us this October for SoundPrint's Find Your Quiet Place Challenge! It's fun, easy, and prizes will be awarded! Be sure to join us!

Starting Friday, October 1, we ask our members and supporters to focus attention on sound levels in our communities and use the SoundPrint app to measure sound levels at local venues (restaurants, parks, shops, offices, theaters, cafes). The goal is to measure and submit as many sound levels as possible. Prizes will be awarded to the most dedicated participants!

Using the SoundPrint app is simple. Once downloaded, your smartphone turns into a decibel meter allowing you to take sound measurements everywhere you go and submit them to the app's database.

Visit the [FYQP webpage](#) to download the app, register for the Challenge, get the details on prizes and more. Any questions? Email SoundPrint challenge@soundprint.co or enquiries@hearingconservation.org.uk

World Health Organisation Hearing Health Forum Update



The UKHCA are members of the World Hearing Forum (WHF) and sit on the Make Listening Safe and allied working groups. This article provides a summary of the work by WHF on their various campaigns and projects.

The [World Health Organisation Report 2015](#) suggests that more than 1.1 billion people between 10 and 40 years of age are at risk of avoidable hearing loss. This report has been updated recently and now estimate 2.5 billion people, 1 in 4 of the world's population, will be affected by 2050. To start to address these rapidly growing risks The WHO has taken a number of significant steps.

WHO Safety Standard for Personal Listening Devices and Product Accreditation

A safety standard ITU (International Telecommunications Union)/WHO H.870 was developed to enable headphone users to understand their personal exposure from headphone use in order to enable them to manage it. The original version of the standard focussed on the handset doing the calculation and providing warnings. This standard has been adopted, or is being adopted by Apple, Bose, Huawei and Sony.

With the rapid move away from cabled headphones to intelligent wireless headphones the H.870 standard needed revision to keep it technologically relevant. The standard has been updated to V2 which moves the measurement and calculation nearer the ear, into the intelligent wireless headphones.

To help consumers to easily identify products which meet these safety standards the ITU and WHO have given authority for the formation of the Safe Listening Alliance (SLA). The SLA will license a compliant product logo to those manufacturers whose products have been tested by an ITU approved laboratory and meet the H.870 V2 safety standard, providing them with a marketing advantage at point of sale.



All headphones and listening devices sold to consumers in Europe and North America are required to meet the IEC62368 standard for information and communication technology equipment. This requires the device to give the user a warning when the volume

level selected will produce a signal greater than 85dB in the headphones.

Sadly these warnings are often ignored as heeding them would make content inaudible in a lot of standard use cases, such as on public transport, and on many phones these warnings are easily disabled.

CENELEC (the organisation responsible for these standards) are currently considering a revision and drafts propose that they move to a dose based structure, but on the device itself. As mentioned above the rapid move away from cabled headphones to intelligent wireless headphones makes this approach technologically obsolete and could lead consumers to believe their hearing is safeguarded when it is not.

The ITU group are proposing to CENELEC that the IEC62368 and H.870 V2 standards are synchronised to ensure consumer safeguarding and make it much clearer for the consumer and simplify things for the manufacturers.

In addition to this a global, pro bono, hearing health awareness campaign; Make Listening Safe aims to increase the awareness of avoidable risks to hearing amongst 10 to 40 year olds to start to change their listening habits and preserve their hearing. The campaign is being piloted in the UK with a planned launch in Q2 or Q3 2023.

The UKHCA would encourage any of our members with an interest in this activity to come forward. We would be happy to facilitate feedback and contributions. Please contact clare.forshaw@hearingconservation.org.uk

World Hearing Day - 3rd March 2023



The poster features a stylized world map on the left, composed of blue concentric lines that resemble sound waves or hearing aid patterns. To the right, the text is arranged in a clean, modern layout. At the top right is the WHO logo. The main title 'WORLD HEARING DAY' is in large, bold, dark blue letters, followed by the date '3 MARCH 2023' in a smaller, lighter blue font. Below this is a key message: 'Primary health care can address over 60% of the need for ear and hearing care services'. The theme 'EAR AND HEARING CARE FOR ALL!' is written in bold, dark blue letters, with the tagline 'Let's make it a reality' underneath. At the bottom left is a small icon of an ear with headphones and the text 'Make Listening Safe'. At the bottom right are the social media hashtags '#WorldHearingDay' and '#HearingCare'.

World Health Organization

WORLD HEARING DAY

3 MARCH 2023

Primary health care can address over 60% of the need for ear and hearing care services

EAR AND HEARING CARE FOR ALL!

Let's make it a reality

#WorldHearingDay #HearingCare

The next World Hearing Day will be observed on 3 March 2023 with the theme:

Ear and hearing care for all! Let's make it a reality

Through this theme, WHO will highlight the importance of integrating ear and hearing care within primary care, as an essential component of universal health coverage.

The key messages for WHD 2023 are:

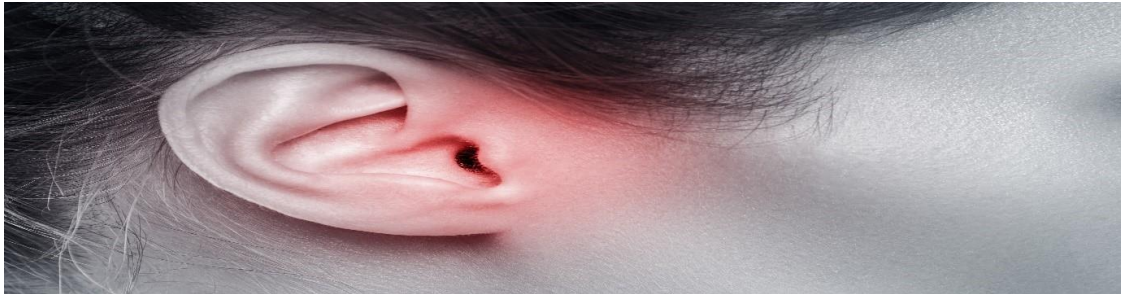
1. Ear and hearing problems are among the most common problems encountered in the community.
2. Over 60% of these can be identified and addressed at the primary level of care.
3. Integration of ear and hearing care into primary care services is possible through training and capacity building at this level.
4. Such integration will benefit people and help countries move towards the goal of universal health coverage.

More information on the campaign is available on the [WHO website](#). For those who wish to adapt these visuals to suit their own campaigns, edit-able formats are available upon request by writing to whf@who.int

'Poison of the ear' – Ototoxicity in industry

Gordon Pringle HSQE Business Partner

Arcus Facilities Management



There is sufficient evidence and research dating back to the 16th century that noise exposure can cause hearing loss. Ramazzini's published notes on the Diseases of Workers, which identified how Italian coppersmiths suffered noise-induced hearing loss (NIHL) after years of hammering and forge work. However, some Occupational Health & Safety professionals may only recently be aware of ototoxicity, also known as 'poison of the ear'. Exposure to ototoxic chemicals can cause headaches, dizziness, tinnitus (ringing inside the ears) and occupational-induced hearing loss (OIHL), as Gordon Pringle explains in this article. ['Poison of the ear' - Ototoxicity in industry \(shponline.co.uk\)](#)

The CDC in the US has also recently published guidance on preventing Hearing Loss Caused by Chemical (Ototoxicity) and Noise Exposure which you can find here [Preventing Hearing Loss Caused by Chemical \(Ototoxicity\) and Noise Exposure \(cdc.gov\)](#)

Sound Metrics: Speech Interference Level



Sound metrics are used to help quantify various aspects of a sound or a noise. As the name suggests, speech interference level (SIL) was first created to give an estimate of how much a given noise spectrum will disrupt, or interfere with effective speech communication.

One common area of confusion related to speech interference level arises from the various forms it can take, and how they are different. This article from Siemens discusses

1. The history and origin of Speech Interference Level
2. Various formulations of SIL
3. Calculating SIL in Simcenter Testlab
4. Important considerations regarding SIL

[Sound Metrics: Speech Interference Level \(siemens.com\)](#)

The UK Hearing Conservation Association

Email: enquiries@hearingconservation.org.uk | Website: <http://hearingconservation.org.uk>

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Fitwise Management Ltd. Blackburn House, Redhouse Road, Seafield, West Lothian, EH47 7AQ.
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