



[Hearingconservation.org.uk](https://hearingconservation.org.uk)



Welcome

Welcome to the Spring edition of the UKHCA Newsletter.

As always, we welcome your contributions and feedback on our work. Please contact us with any thoughts or feedback at enquiries@hearingconservation.org.uk.



 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

 Make Listening Safe

#WorldHearingDay #HearingCare

World Hearing Day is an annual global advocacy event for raising awareness regarding hearing loss and promoting ear and hearing care. Each year, the event is celebrated on 3 March, covering a specific theme which this year is based on Ear & Hearing Care for All!

You can find information on events, promotional, and educational materials for World Hearing Day, including a repository of translated materials [here](#). We would love to hear about your events and promote your activities or you may wish to support the **The Wiki4WorldHearing2023 global campaign**. This campaign looks to facilitate the improvement of Wikipedia content related to hearing, hearing health services, hearing testing, and preventive and treatment interventions. You can find guidance and suggestions for different levels of involvement in the campaign on the wiki site [here](#). Tracking of the contributions has started and will continue until the end of March 2023 on the [2023](#) dashboard. Please let us know your activities at enquiries@hearingconservation.org.uk

SAVE THE DATE - UKHCA AGM 19 APRIL 2023



The UKHCA are planning a face-to-face meeting for members followed by our AGM on the 19th of April, venue to be confirmed.

We would like to take this opportunity to engage our membership in directing our activities over the next year; to identify actions we should be progressing and ensure our direction continues to be driven by issues and opportunities we face as a community of hearing health professionals.

We will be looking to provide educational content with presentations and a workshop based on our Special Interest Groups. If you have any ideas of content you would like to be presented or discussed then please contact clare.forshaw@hearingconservation.org.uk

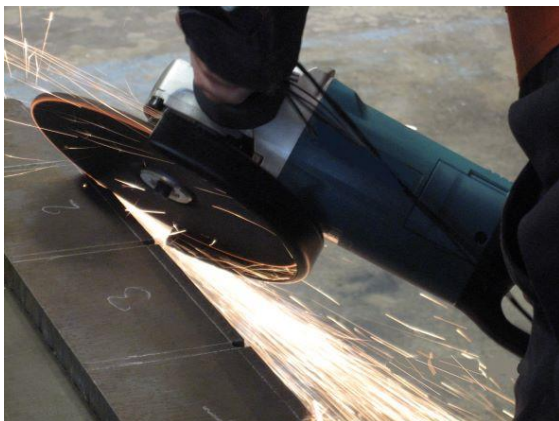
Health & Safety Executive



Health Surveillance

The UKHCA are working closely with the Society of Occupational Medicine to provide clarity and further guidance to the HSE guidance on health surveillance for noise exposed workers. We will continue to update members.

Lower noise, vibration and dust alternatives for angle grinding – recent HSE research



Hand-held angle grinders are widely used across a number of sectors, including steel frame fabrication. Grinders typically produce noise levels of around L_{Aeq} 90 – 95 dB(A), so are significant contributors to occupational noise exposure.

The most effective way of controlling exposures from grinders is to reduce or eliminate the use of these machines.

HSE researchers have undertaken a project which has investigated alternative processes to grinding as well as methods designed to reduce emissions from grinders. The techniques investigated may also result in reducing some of the other safety risks that are associated with using these machines, such as lacerations, eye damage, amputation of fingers and fire risks due to the ejection of hot debris during metal grinding. You can read more about the research finding by clicking on the link below.

[Read full article here](#)

Find your quiet place challenge



Find Your Quiet Place Challenge 2022 Data Findings

The UKHCA are proud partners of the annual Soundprint Find Your Quiet Place Challenge. This took place last October and the results are in!

1,300

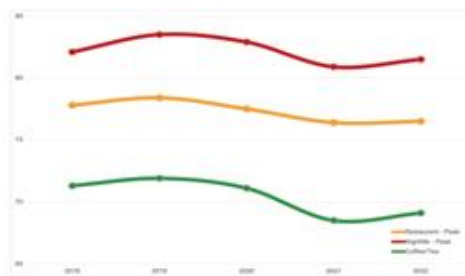
Quiet List
Submissions

975

Noise Complaint
Submissions

3 dBA

Annual Sound Level
Increase



SOUND LEVEL TRENDS

Overall, 2022 sound levels increased significantly (3 dBA) from 2021 levels.

Yet over the past two years, Restaurant sound levels have averaged ~76.5 dBA. This suggests a trend where restaurants may be adapting to a quieter world.

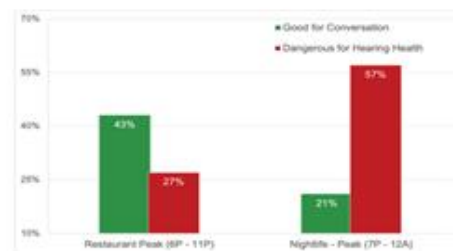
Nightlife levels remain elevated above 80 dBA. Not surprising as patrons expect such venues to be loud.

RESTAURANT DATA

43% of Restaurants (Peak) are Good for Conversation, while 27% are Dangerous for Hearing Health

NIGHTLIFE DATA

21% of Nightlife (Peak) are Good for Conversation, while 57% are Dangerous for Hearing Health



Electric Vehicles - Will they solve noise pollution?



The popularity of electric vehicles (EVs) is on the rise, driven by factors such as increasing fuel costs, environmental concerns, and shifting demographics.

One of the most notable differences between EVs and traditional fuel-powered cars is the level of noise they produce at low speeds. The noise generated by vehicles is a major contributor to urban noise pollution. According to the [World Health Organisation](#), road traffic is Europe's second-largest source of noise pollution after [railways](#). The noise generated by vehicles can be heard up to several miles away, significantly impacting the quality of life for those living near busy [roads](#). For example, constant traffic noise can cause sleep disturbances, stress, and other health problems.

[READ MORE HERE](#)

Tinnitus Awareness Week

'A lot to lose' – noise exposure and tinnitus

"I take full responsibility for it, I should have worn earplugs for gigs - I didn't do it until it was too late and the ringing didn't stop."

In February we marked Tinnitus Awareness week.

There is currently no cure for tinnitus, and the impact of the condition on quality of life and mental health can be severe.

Noise exposure is the most common preventable cause of tinnitus and hearing loss.

Although there is legislation in place to protect hearing in the workplace, there is no such legal status for noise outside of the working environment.

Studies have shown that the use of hearing protection in certain groups, such as musicians and young people, is quite low. The British Tinnitus Association conducted a broader survey asking about tinnitus and noise exposure in December 2022.

The survey showed that;

- Over one third (35%) of people believed that their tinnitus was caused by loud noise exposure. This could mean that 2.7 million adults in the UK had their condition triggered by noise.
- Twice as many men (48%) as women (24%) claimed noise exposure as a reason for their tinnitus
- Shockingly, four out of ten (39%) respondents who were exposed to noise at work “never” used hearing protection and only a quarter (24%) “always” or “sometimes” used hearing protection.
- These numbers were even lower for the use of hearing protection for leisure activities, with numbers ranging from 8% to 29% for the most commonly undertaken pursuits.

[CLICK HERE FOR MORE INFORMATION](#)

Events



The UKHCA are supporters of the Sound of the Year Awards, sponsoring the category of:

‘Most Unpleasant Sound’.

Winners will be heard and announced at the **British Library** in London with the audience even being involved in choosing the winner of the main Sound of the Year category!

This will be hosted on the evening of **Thursday 11th May** in their Theatre venue.

Please note the date and let us know if you would like to attend;

[CONFIRM YOUR INTEREST](#)



Time is running out to submit your abstract to present at the upcoming International Hearing Protector Fit Testing Symposium in Dallas later this year.

The goal of the symposium is to accelerate the implementation of hearing protector fit-testing into effective hearing conservation programs. Employers, policymakers, researchers, manufacturers, and others will share current science and uses for hearing protector fit testing.

Abstract submissions are due by the 28th February

[SUBMIT YOUR ABSTRACT HERE](#)



The 2-day event will be highly interactive with discussions and workshops taking place across both days. The event will bring together clinicians and researchers who have an interest in hearing, tinnitus and balance. Day 1 will come to a close with an evening social and poster viewing giving the perfect opportunity to network. [View the programme.](#) Take advantage of Early Bird Registration starting at £150 Inc VAT for members and £200 Inc VAT for non-members. Closes on Friday 17th March, [Register today.](#) Submission is now open, presenting a poster at the scientific meeting provides the ideal opportunity to share your research, innovative developments or best practice and to network with colleagues.

The closing date for Abstracts is 7th April 2023.

[SUBMIT AN ABSTRACT](#)

If you have anything you wish to include in future newsletters please contact enquiries@hearingconservation.org.uk

The UK Hearing Conservation Association

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

Sent by Fitwise Management Ltd on behalf of the UKHCA.

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