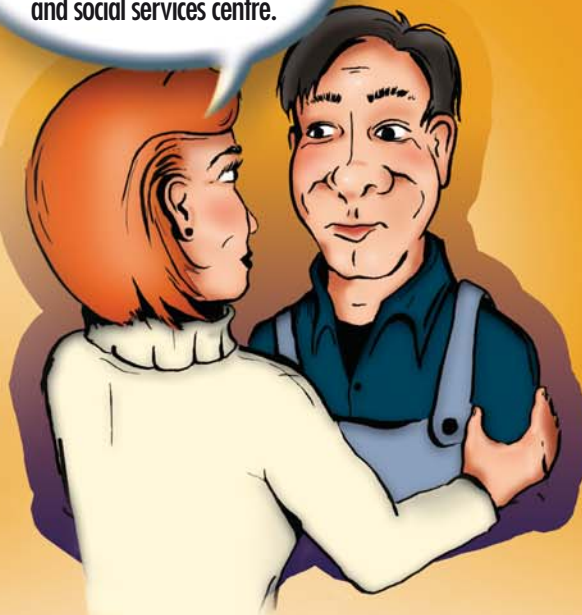


The effects of **noise** follow us everywhere:

- disrupting all of our lives;
- straining our relationships with others;
- causing problems for couples and families;
- increasing the risk of workplace errors and accidents.



I've learned that there's help out there. Let's call the workplace health team of the health and social services centre.



I can't hear the alarm on my machine. I'm afraid I'll make a mistake and get hurt.



The content of this brochure was edited by the Table de concertation nationale en santé au travail.



Noise-induced hearing loss

makes life less lively.



Noise-induced hearing loss is often misunderstood.

Young people can experience noise-induced hearing loss.

People think:

- when you're deaf, you can't hear a thing;
- hearing loss just happens to old people;
- hearing loss runs in families.

He's not deaf, he just only hears what he wants to.

The fact is, it's more complicated than that and hard to spot:

- you can't see it;
- it develops GRADUALLY from the first years of exposure to noise;
- you can still hear, but it's REALLY hard, ESPECIALLY when there's noise.



Living with noise-induced hearing loss

means:

- not hearing sounds, voices, etc;
- turning up the radio or TV;
- making people repeat themselves;
- misunderstanding;
- hearing a disturbing whistling and ringing in the ears (tinnitus).

experiencing:

- anger and impatience;
- stupid jokes at work;
- misunderstandings.



Struggling to understand... is **frustrating, stressful, and exhausting!**

Can you turn that down?!

Yoo-hoo!
Try cleaning out those ears.

He's not the brightest of lights!

and ending up:

- feeling embarrassed, diminished;
- feeling left out;
- giving up trying to understand;
- losing interest in going out;
- BEING ISOLATED.