

LOOK. THINK. DO.

Look out for danger. Think of how you can protect yourself. Do your work safely.

6 Basic Workplace Safety and Health (WSH) Rules to prevent Noise-induced Deafness

Prolonged exposure to excessive noise can cause noise-induced deafness (NID). NID refers to a permanent loss in hearing sensitivity. From 2010 to 2019, a total of 4,613 workers were diagnosed with work-related NID. Do your risk assessment before starting work.

Report to your supervisor if you feel unwell.



Check that hearing protectors are in good condition.



Use hearing protectors in noisy areas.



Put on your hearing protector properly.



Minimise time spent in noisy areas.



Go for yearly audiometric examination.



Learn more about Noise-induced Deafness at www.wshc.sg/nid.