

## THE EFFECTS OF NOISE

Loud noise will exacerbate tinnitus. Earmuffs or earplugs should be worn when activities such as mowing the lawn or using a chainsaw are undertaken. Venues such as nightclubs or entertainment venues that have excessively loud noise should be avoided or ear protection used. If you have to shout to make yourself heard by someone standing within 1 to 1.5 metres of you, the noise level is considered excessive, and it will exacerbate your tinnitus.

The diagram below illustrates the noise levels and corresponding lengths of exposure at which damage to the auditory system may occur.

