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Hearing loss risk for home renovators

A hidden danger is now emerging for do-it-yourself home renovators.

Not only are they at risk of major falls and injuries, many home renovators are failing to wear appropriate noise protection and are at serious risk of developing hearing loss.

Maureen McGrotty, of Hearing Solutions, a free program of Guide Dogs SA.NT, which assists people with hearing loss to overcome hearing difficulties in everyday activities, says home renovators can sometimes cut corners with safety.

“Broken bones, cuts and bruises are generally treatable, but hearing loss cannot be repaired. It’s a life long injury.

“Home renovators don’t consider that they could be damaging their hearing by operating saws, hammer drills and even chainsaws without wearing noise protection. Many people are vigilant about hearing safety in the workplace, but do not pay attention to this during leisure time.

“Operating noisy machinery without taking the appropriate safety measures takes you on the path to hearing loss. Unfortunately once you’ve damaged your hearing, there’s no simple way to fix this.

“Once hair cells, the small sensory cells that convert sound energy into electrical signals, are damaged they cannot be repaired.”

Mrs McGrotty advises home renovators to wear proper ear protection when using noisy tools and to have a hearing test as part of their regular health check.

Hearing Solutions will be assisting with free hearing tests during Hearing Awareness Week activities in Rundle Mall on Monday and Tuesday (August 24-25).

For those already experiencing hearing loss, Hearing Solutions offers support and information to help people maintain their independence, conducting regular free Effective Management of Hearing Loss groups as well as Missing the Message groups, teaching people with hearing loss how to communicate in noisy environments. More details about these groups is available by phoning 8203 8333.

Guide Dogs SA.NT offers a comprehensive suite of free services for people with vision loss and/or hearing loss and impairment.

ENDS

Further information

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