

# Work safely and healthy! Harmful noise

---

## Are you deaf?

A lot of activities in the metal industry produce harmful noise. Be aware of the fact that there are a lot of noise-makers in the metal industry. Hearing loss caused by noise can never be cured! Make efforts to reduce harmful noise at work, before everything turns silent forever.



Agree with yourself and your colleagues to wear hearing protection where needed. Hold each other accountable with regard to this.



Think about how you can cause less harmful noise in your workplace



This includes the volume of the radio: prevent the music from exceeding the high noise levels

---

### Want to know more?

Take the employee version of the Improvement Check Harmful noise at [5xbeter.nl](https://5xbeter.nl). Here, you can also find a substantive clarification of the Health and Safety catalogue Harmful noise, information films with background information and tips.

### Any questions?

Call the toll-free improvement line (0800 555 50 05).  
Or e-mail [info@5xbeter.nl](mailto:info@5xbeter.nl) and make an appointment with an improvement coach.

# It's tough, when your employees can't hear you

Hearing loss is occupational illness number 3. The exposure to harmful noise is an important risk when working in the metal industry. For that reason, the theme deserves serious attention.

## Address harmful noise in three steps:



Assess the exposure to harmful noise of your employees with the Improvement Check of 5xbeter and get to work with the action plan



Where possible, prefer exposure by means of more silent production method or by applying other techniques



Provide proper information provision and instruction for all employees exposed to harmful noise.

## 5xbeter offers you support and tools via 5xbeter.nl, free of charge

- Organize toolboxes for information provision and awareness
- Download our fact sheets and check what solutions work at your company
- Order icon stickers and magnets for the work-floor
- Download the information films

Any questions? Call the free improvement line (0800 555 50 05) or email [info@5xbeter.nl](mailto:info@5xbeter.nl) and make an appointment with an improvement coach.

5xbeter, for safe work is a joint initiative of

