

3 WAYS YOU CAN PREPARE FOR YOUR ANNUAL HEARING TEST



REST YOUR EARS

- OSHA requires your employer to keep you away / protected from workplace noise for *14 hours* before your hearing test
- Stay away from noisy hobbies, yard work or concerts the day before your test

BEWARE OF EARWAX

- A little earwax is normal and healthy
- If your ears are plugged, see your doctor
- Never remove a wax plug with a sharp object or with ear candling – you can permanently damage your ears!



BE WELL



- Get plenty of rest, eat well, wash your hands often to avoid getting a cold or flu before your hearing test
- Don't take your hearing test if you are sick, just reschedule



Questions?

Contact your health and safety team.