

4 – 8 JULY IS CORPORATE WELLNESS WEEK



"Make use of hearing devices prescribed by your audiologist"



"Let your employer know what kinds of accommodations and communication strategies work best for you."



Our aim at Southern ENT is to enable people with all hearing impairments to hear so they may realise their full potential. Therefore, this week, we want to shed some light on how hearing loss may negatively affect your work life and what can be done to assist the hearing impaired at the office.

Workers who suffer from hearing loss likely experience feelings of isolation, as communication becomes more difficult. A worker with a hearing loss may experience feelings of frustration, anger and even depression, possibly affecting the person's quality of life. Employers also noted that business efficiency may suffer when employees have a hearing loss due to miscommunication and that tasks may take longer than usual to complete as instructions may be misunderstood or needs repetition. In addition to its effect on psychosocial status and interpersonal communication, a hearing loss may also influence a person's employment status, as communication mostly remains the core of the corporate terrain.





"Face the person with hearing loss and make sure the lighting is even.."



"Provide background information on the topic to be discussed in writing in advance"

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There are however multiple aspects that can be applied at the workplace to decrease the negative effects a hearing loss may have on the hearing impaired.

For the hearing impaired:

- Make use of hearing devices prescribed by your audiologist.
- Make use of assistive listening devices to decrease noise and the distance between yourself and the speaker.
- Make some work area adjustments, if possible, try to sit as far as possible from a noise source.
- Let your employer know what kinds of accommodations and communication strategies work best for you.
- Request information in writing: job assignments, meeting agendas, queries for information. All are best if sent via hard copy or emailed in advance.
- Let your co-workers know the best way to communicate with you: email, text, using an assistive listening device, etc.

For the employer and employees working with the hearing impaired:

- Provide background information on the topic to be discussed in writing in advance.
- Face the person with hearing loss and make sure the lighting is even and that you are not backlit. People with hearing loss often use visual clues to help understand what is being said.
- Speak clearly at a moderate pace.
- Rephrase, rather than repeat, misunderstood words; write down essential information.
- If an Assistive Listening System is being used, ensure that participants use it effectively.

Resource: https://www.hearingloss.org/wpcontent/uploads/Employment_Toolkit-2018.pdf