



聽覺保護器的類別及使用

聽覺保護器主要分為耳罩及耳塞兩類，而使用的聽覺保護器，須由勞工處處長認可，詳情可向勞工處職業安全及健康部查詢。



耳罩

耳罩佩戴方便，適合經常進出高噪音環境的人士使用，並且容易察覺工人是否戴上。正確的佩戴方法是雙耳應完全被耳罩蓋著(如右圖)。



耳塞

耳塞分多次使用及用完即棄兩種。每次佩戴時須注意個人衛生及保持耳塞清潔。正確的佩戴方法是用一隻手繞過頭部後方，把耳朵往後上方拉，然後另一隻手小心把耳塞推進去(如下圖)。



請注意：佩戴耳罩或耳塞，應以不妨礙使用者接收外來緊急訊息至為重要，而棉花或普通耳筒並不能代替耳罩或耳塞。

相關機構

勞工處 — 職業安全及健康部

網址: www.labour.gov.hk/tc/osh
電話: 2559 2297

勞工處 — 職業健康診所

電話: 2343 7133(觀塘)
電話: 3543 5701(粉嶺)

醫院管理局

網址: www.ha.org.hk
電話: 2300 6555

職業安全健康局

網址: www.oshc.org.hk
電話: 2739 9000

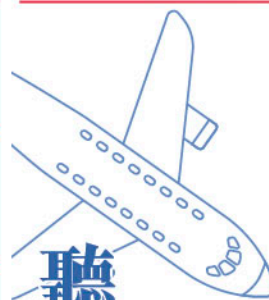
職業性失聰補償管理局

地址: 香港九龍長沙灣長裕街10號
億京廣場2期15樓A-B室
電話: 2723 1288 / 2723 1928
傳真: 2581 4698
電郵: contact@odcb.org.hk
網址: www.odcb.org.hk



職業性失聰補償管理局

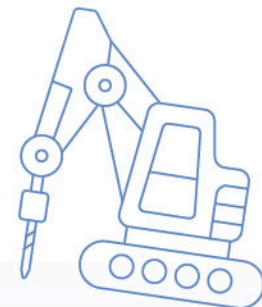
噪音工作保護聽覺



聽覺保護須知



職業性失聰補償管理局



(2024)

職業性失聰

長時間在高噪音環境下工作，內耳的神經細胞便會逐漸被破壞，噪音的劑量愈高，受損的程度愈大。內耳神經細胞一旦受損，便不能再生，聽力便會受到永久損害。因此，職業性失聰是無法醫治的，預防是唯一保護在噪音環境下工作人士聽覺的方法。

聽力受損

初期的徵狀

職業性失聰的聽力損失是逐漸形成和加深的，並非因工傷或其他意外所引致的突然性聽力受損。假如發現有以下一些聽力受損的徵狀，便應注意：

- 持續或間歇地感到耳內有耳鳴(俗稱「嗡嗡聲」)，造成困擾
- 聽力減退，與人談話或聽電話時出現困難
- 需要調高收音機或電視機的聲量
- 難以集中精神
- 失眠

對健康的影響

- 引致耳鳴、暫時性失聰及永久性失聰
暫時性失聰：短暫性暴露於高噪音的環境下，聽覺的敏感度會減低，對外來的聲音感覺模糊，並出現耳鳴。在離開噪音環境及經過休息後，聽覺便慢慢恢復。
永久性失聰：長時間暴露於高噪音的環境下，內耳的聽覺神經細胞因不斷受損而無法復原，聽力逐漸下降，最後可能引致聽覺盡失。職業性失聰便屬於永久性失聰。
- 頭暈、頭痛、失眠、容易疲倦、煩躁及造成心理壓力
- 影響心跳速度及血壓
- 引致食慾不振，消化不良



僱主的責任

評估工作噪音

《工廠及工業經營(工作噪音)規例》規定在工業經營內使用可產生高度噪音的機器或工具時，僱主須指定合乎資格人士評估僱員受噪音影響的程度，適當地劃定及標明聽覺保護區。至於在建築地盤內使用可移動的機器或工具，亦須由合乎資格的人士進行噪音評估，假如有需要的話，在指定距離內工作的僱員必須佩戴聽覺保護器。

減低噪音來源

選用較寧靜的機器，並定期維修及保養機器。此外，亦可於機器上加上避震物料以減低撞擊時發出的噪音。

控制噪音傳播

隔離噪音來源，安裝適當的吸音或隔音裝置(如：消音罩或滅聲器)；另一方面，亦要訂立合理的工作安排，減低僱員暴露於工作噪音的時間。

個人聽覺保護

按不同工序及僱員的需要提供適當及認可的聽覺保護器，並向他們提供使用的資料和訓練，以鼓勵他們適當地使用這些保護器具，及加強他們對工作噪音和聽覺保護的認識。

定期聽力檢查

定期的聽力檢查可使僱員及早發現聽覺受損，以便採取適當的預防和補救方法。



僱員的責任

善用噪音控制設備

如需使用裝置有消音罩或滅聲器的機器，應留意這些防護設備是否操作正常。當發現噪音防護設施或聽覺保護器有問題，應立即通知僱主，以便修理或更換該等設施。

佩戴及保養聽覺保護器

依從僱主的指導，正確佩戴合適及認可的聽覺保護器，並時常保持器具清潔。已損壞或受污染的器具非但不能保護聽覺，甚至會導致耳朵發炎。

珍惜及保護聽覺

如發現聽覺有任何問題，應立即接受醫生檢查，採取適當的預防和補救方法。勞工處的職業健康診所及醫管局轄下的耳鼻喉專科診所均提供較廉宜的聽力測驗及醫療檢查服務。

以上資料的詳情，可參閱勞工處職業安全及健康部所出版的《工廠及工業經營(工作噪音)規例》簡介。此外，職業安全健康局亦提供工作噪音評估課程，及其他預防噪音的培訓課程、講座和資訊刊物。



Hearing Conservation at Work

Occupational Deafness is....

The sensorial hair cells of the inner ear will be damaged when exposed to noisy working environment continuously for a long period of time. The degree of detriment is proportional to the intensity of the noise. These hair cells cannot recover once damaged in this way, leading to permanent hearing impairment. Therefore, occupational deafness is incurable and prevention is the only way to protect the hearing capacity of those working in noisy occupations.

Hearing Impairment

Early symptoms

Different from sudden hearing loss due to occupational injury or other accident, the loss of hearing capacity resulting from occupational deafness will be worsened gradually. One should pay attention if the following symptoms appear:

- Continuous tinnitus (ringing or roaring noise) in the ear
- Listening difficulty, when communicating with others or on the phone
- Need to raise the volume of the radio or TV
- Hard to concentrate
- Insomnia

Impact of Noise on Health

- Causing tinnitus, temporary hearing loss or permanent hearing loss
- Feeling dizzy, headache, insomnia, fatigue, irritation and psychological pressure
- Affecting heart rate and blood pressure
- Causing poor appetite or dyspepsia

Responsibility of Employers

- Assessment of Noise Level at Workplace

The Factories and Industrial Undertakings (Noise at Work) Regulation states that where machines or tools producing high level of noise are in use in any industrial undertakings, the employer shall appoint a qualified person to carry out a noise assessment for the purpose of evaluating the impact of noise to the employees. Where appropriate, ear protection zone should be properly demarcated. For construction sites, the employer should appoint a qualified person to carry out a noise assessment and to specify that employees should wear ear protector within a distance from the source of noise.

- Reduce Noise at the Source

To use less noisy machines and to properly maintain them on a regular basis to reduce the high level of noise generated by the impact or vibration of the machine parts.

- Control Noise Transmission

To isolate the noise sources by putting up suitable noise absorbing or soundproofing installation (such as silencer or acoustic enclosure) where necessary. At the same time, a reasonable work schedule should be implemented to minimize the time that employees would be exposed to noise.

- Personal Ear Protectors

To provide suitable and approved ear protectors to employees in accordance with the nature of their work, and encourage proper use of such by giving employees relevant information or training.

- Regular Hearing Test

To identify hearing damage at its earliest stage, employees should be arranged to attend regular hearing tests, so that suitable preventive or remedial measures could be taken.

Responsibility of Employees

- Proper Use of Noise Control Equipment

When working with machines installed with noise silencer or acoustic enclosure, one should ensure that these installations are working properly. One should also report immediately to the employer or supervisor if any defect of such equipment or ear protectors is detected, so that repair or replacement can be made.

- Wear and Maintain Ear Protectors

To follow the employer's instruction to wear suitable and approved ear protectors, and keep them in good condition and hygiene. Damaged or contaminated equipment may cause ear infection.

- Taking Care of Your Hearing

To seek medical consultation immediately if hearing problem is found and take proper hearing protective measures. The Occupational Health Clinic of the Labour Department, and the Ear, Nose and Throat clinics under the Hospital Authority are offering hearing test and medical examination at reasonable fee.

Types of Ear Protectors and Their Use

There are two main types of ear protectors: ear plug and ear muff. Only ear protectors that are approved by the Commissioner of Labour should be used. For details of the approved ear protectors, please contact the Occupational Safety and Health Branch of the Labour Department.

Ear Muff is easy to use and suitable for those working most of their time in and out noisy environment. To wear it properly, both ears shall be covered completely by the muffs as below:



There are two types of ear plug: re-useable and disposable. One shall be aware of personal hygiene each time when wearing ear plug. It is important to keep the re-useable ear plug clean. The proper method of wearing an ear plug is to pull one ear upward and backward by the hand of other side over and behind the head, then insert the ear plug inside the ear carefully as below:



Caution: When using ear muff or ear plug, it is crucial not to affect the user from hearing emergency signals. Cotton ball or headphone cannot be used in place of ear muff or ear plug.

Related Organizations

- 1 Labour Department – Occupational Safety and Health Branch
Website: www.labour.gov.hk/eng/osh/
Tel: 2559 2297

- 2 Labour Department – Occupational Health Clinic
Tel: 2343 7133 (Kwun Tong)
Tel: 2543 5701 (Fanling)

- 3 Hospital Authority
Website: www.ha.org.hk
Tel: 2300 6555

- 4 Occupational Safety and Health Council
Website: www.oshc.org.hk
Tel: 2739 9000

Enquiries

Please contact the Occupational Deafness Compensation Board for further information.

**Address: Office A-B, 15/F, Billion Plaza II
10 Cheung Yue Street
Cheung Sha Wan
Kowloon**

Tel: 2723 1288 / 2723 1928

Fax: 2581 4698

E-mail: contact@odcb.org.hk

Web-site: www.odcb.org.hk

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