

FOR IMMEDIATE RELEASE

How to cope with hearing loss at work

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People suffering from hearing loss often encounter different problems in the work environment. Phone calls (64%) and conversations with co-workers (61%) are the areas most impacted by hearing loss, according to a recently released survey. Despite the problems this creates at the workplace, the survey indicates that fewer than 5% have actually asked their employer for help regarding their hearing loss.

"Hearing loss can have a significant impact on productivity in the workplace," warns Adam Shulberg, Managing Director and hearing aid audiologist at Cubex. "Straining to hear what people are saying or missing out on conversations it is an obstacle at work for many people and it can be tiring, frustrating and stressful" he continued.

It may be tempting to keep your hearing loss a secret because you might find embarrassing to tell co-workers or employers about it, but over time, an untreated and undisclosed hearing loss creates more problems for all parties involved.

The followings are Adam's practical tips on how to facilitate hearing at the workplace for those with a hearing impairment or hearing device. This guidance is directed at hearing impaired individuals as well as their colleagues and employers.

1. **Don't be embarrassed** if you have a hearing loss. Being open about your hearing loss builds trust between you and your employer and brings you closer to your colleagues. Ask them to talk to you face to face and not hide their mouths with their hands.
2. **Use a good hearing aid** - a well fitted and well functioning hearing aid is a must for hearing impaired employees - especially in the workplace

3. **Use assistive listening devices**, if possible, when on the phone or in meetings
4. **Explain to your employer** about the importance of good acoustics in meeting rooms and common areas for employees.
 - If possible, hold any meetings in a room that is hearing friendly. Small, carpeted rooms are best with no high ceilings or where the sound can reverberate off walls.
 - You should sit with a wall behind you so that voices are reflected off the wall surface rather than lost in the air.
 - Face the speaker
 - Consistent use of overheads, power point presentations, blackboards and other visual means of communication makes the day much easier.
 - Important information and instructions should be given to you in writing to avoid misunderstandings.
5. Try to **limit the meeting** to four or five people so as to avoid more than one person speaking at a time.
6. If the meeting is scheduled over lunch, try to **avoid large open plan restaurants** where general chatter and clutter of cutlery may distract.
7. **Tiredness can affect** your ability to hear clearly so opt for morning meetings (the more you try to concentrate on what is being said, the less you will be able to contribute to the meeting and the more frustrated you will become).

If you have a hearing loss or have a hearing impaired colleague and you want to find out more about enhancing your communication abilities, please visit www.cubex.co.uk or contact Cubex Hearing Centre on 0207 935 5511.

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Notes to the Editors:

About Cubex

For nearly half a century, Cubex have built strong and positive relationships with thousands of people with reduced hearing by helping them to achieve maximum benefit with their hearing devices and live their lives to the fullest. The team at Cubex make it their priority to take the time to understand the personal journey that each and every client undergoes when proceeding with hearing devices. Cubex combines superior hearing healthcare with state of the art technology to offer its clients a comprehensive range of services for all hearing needs, Inc: hearing aids, hearing protection and accessories).

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