



HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

Easter

Easter is a hard time in the year to keep the calories in check. It's hard to go past the traditional hot cross bun, toasted with a dollop of butter that trickles over the raisins and down your chin or to get stuck into chocolate Easter eggs for days until they are all eaten.

Enjoy every mouthful, then burn off the calories so you feel guilt-free for Easter!



CHOCOLATE TIPS - THAT WILL HELP YOUR HEALTH

1. Quality over Quantity
2. Go for hollow eggs
3. Opt for Dark Chocolate - White chocolate is the least nutritionally beneficial choice with the highest amount of fat and sugar
4. Easter is a day, not a month



HOT CROSS BUNS - 10 WAYS TO BURN OFF THE CALORIES

1. Hit the waves for 85 minutes of surfing.
2. Clean your teeth for three minutes. Times 50.
3. 2 hours cooking time
4. Hit your favourite department store for 120 minutes of retail therapy.
5. Wash and vacuum the car for a total of 1 hour 6 minutes.
6. Push your significant other for 2 1/2 hours.
7. Take an hour-long tai chi class.
8. Take the dog for walkies for around 80 minutes.
9. Test your stamina between the sheets. For every 85 minutes you'll burn half a hot cross bun.
10. Spend 80 minutes putting together an Ikea bookcase.

Be warned
a single hottie
contains as many
calories as a decent
size chocolate egg



The information in this newsletter should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.

NOISE DESTROYS

- » 37% of hearing loss is due to noise injury, which could have been prevented.
- » ½ the incidence of acquired hearing loss is due to excessive noise exposure at work and from inappropriate listening behaviours
- » 1 in 6 Australians are affected by hearing loss



How Loud is too Loud

- » Hearing is damaged by the loudness of the signal, the amount of time you are exposed, and how often.
- » Damage to hearing from noise is cumulative. The Health and Safety Executive (HSE) says noise levels above 105dB can damage your hearing if endured for more than 15 minutes each week. But lower levels, such as between 85dB and 90dB can also cause permanent damage if you're exposed to them for hours every day.

What is excessive noise?

Noise is considered excessive when you must use a raised voice or shout in order to be able to speak to someone at an arm's length.

Signs of hearing loss?

- » Turning the TV or stereo up so loud that others complain
- » Frequently needing to ask others to repeat themselves
- » Not being able to hear properly on the telephone
- » Not feeling comfortable in noisy situations such as restaurants, or where they are straining to hear, such as in cinemas missing out on important parts of conversations

What can you do to protect your hearing?

The preferred solution to excessive noise exposure is to eliminate the source of the loud noise. When this is not possible or practical, the legal requirement is to minimise exposure through a hierarchy of controls:

- » Substitute the noise source with quieter machinery or processes
- » Isolate the noise source from workers
- » Apply engineering solutions (e.g. fit mufflers, redesign the noise source, and install noise guards or enclosures)
- » Apply administrative solutions (e.g. schedule noisy work for when fewest workers are present, provide signs and quiet areas for breaks), and when none of the above are reasonably practicable
- » Provide personal hearing protectors (e.g. ear muffs and plugs).

Here's a guide to some typical noise levels

(measured in decibels, or dB).

The higher the number, the louder the noise.

NORMAL CONVERSATION 60-65DB	A BUSY STREET 75-85DB	LAWN MOWER/ HEAVY TRAFFIC 85DB
FORKLIFT TRUCK 90DB	HAND DRILL 98DB	HEAVY LORRY SEVEN METRES AWAY 95-100DB
MOTORBIKES 100DB	DISCO/NIGHTCLUB/ CAR HORN 110DB	MUSIC PLAYER ON LOUD 112DB
CHAINSAW 115-120DB	ROCK CONCERT/ AMBULANCE SIREN 120DB	