

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

**SMOHIT Body Maintenance**

**Toolbox Talks for the Sheet Metal Industry**

**Tinnitus**

- Tinnitus is a ringing, swishing, or other type of noise that seems to originate in the ear, or head, and usually results in hearing loss.
- Causes of tinnitus include ear trauma (caused by exposure to loud noises, drugs, or chemicals), ear infection, excessive ear wax, and overuse of drugs such as aspirin and aminoglycoside antibiotics (powerful infection-fighting drugs).
- Because tinnitus is usually a symptom of some other type of ailment, see your doctor immediately when symptoms occur.
- In rare cases tinnitus (usually in one ear) may indicate a certain type of brain tumor (acoustic neuroma).
- Tinnitus that is pulsatile (in rhythm with your heartbeat) and comes on suddenly can develop because of an aneurysm (a bulging of the wall of a blood vessel) near the ear or because of the sudden onset of very high blood pressure.
- Any time tinnitus is noticed in association with personality changes, difficulty speaking, walking, or with movement problems, get evaluated for the possibility of a stroke.
- In a majority of cases, tinnitus will come and go with time.
- Normally there is no need for treatment when tinnitus is caused by damage to the hearing organ, however, always check with your doctor to pinpoint the root cause.
- Antianxiety or antidepressant medication, “white noise” noise makers at bed time and “white noise” hearing aids can help.
- Caffeine, aspirin products and stress can worsen tinnitus.

**Notes:**

**Instructor Tips**

- **Ask workers to share any experiences they may have had, or heard of regarding tinnitus.**
- **Explain that using hearing protection is the best way to prevent tinnitus brought on by noise exposure.**
- **Explain that tinnitus is not a disease in itself, but rather a reflection of something else that is going on in the hearing system or brain.**
- **Explain that the only real prevention for tinnitus is to avoid damaging your hearing.**

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Work-Related Ailments (01)