HEARsmart is helping Australians take charge of their hearing health by:
- raising awareness of the risks associated with noise exposure
- providing information and tools to minimise the risk of hearing loss
- encouraging people to take action today so that they can hear in the future.

**HEARsmart TIPS**

1. Turn the noise down
2. Avoid the source of the sound
3. Have regular breaks
4. Use noise-cancelling headphones
5. Let your friends know it’s too noisy
6. Use hearing protection

HEARsmart also conducts research into new tools and strategies to minimise noise-induced hearing loss. We are looking at ways to engage high-risk groups and industries to take action to reduce the risk of noise-induced hearing loss and help make Australia HEARsmart.

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HELP MAKE AUSTRALIA HEARsmart

HEARsmart is supported by: