

Tips for Handling your Hearing Loss at Work

No matter what kind of career you have, hearing loss can be difficult to deal with. It can affect your ability to communicate with your coworkers, interface with customers, and function as part of a team. If you suffer from hearing loss, make sure you know how to handle it in a work environment with our simple advice.

Should You Tell Your Employer You Have Hearing Loss?

One common question people have about hearing loss is whether they should disclose it to their employer. This often stems from nervousness about their condition or even denial that they suffer from hearing problems. However, there are a few very good reasons you should always tell your employer about hearing loss:

- Disclosing your hearing problems gives your employer a real reason why you may not hear or understand important things like phone calls or verbal instructions.
- Disclosure gives you the benefit of protection under the Americans with Disabilities Act, or ADA. This includes protection from discrimination and the benefits of reasonable accommodation.
- Disclosure allows you to start a conversation about how you and your employer can work together to ensure you are performing your best while at work.

In short, you need to be your own advocate when it comes to hearing loss and hearing issues. By advocating for your own needs and working hard to understand and correct problems, you improve your own working situation and make it easier for your employees and coworkers to work with you.

Don't Make Excuses

Hearing loss can have big effects on the way you work, so it's important that you don't pretend or make excuses about it when you're working. If you must rely



on your hearing to work well, make sure others know about your weaknesses from the start so they can help compensate.

Be Organized and Prepared

When you suffer from hearing loss, one of the biggest issues is missing important information. You could miss something during a meeting or phone call, in a conversation with a client, or even in a training video or news report. The best way to cope with this problem is to stay organized and be prepared for difficult situations. This includes:

- Preparing for phone calls with written notes or an agenda;
- Finding a quiet place to work productively in, make phone calls, or hold small meetings;
- Confirm key points during and after meetings or calls, either verbally or through a written follow-up;
- Having alternatives ready, such as email or instant messaging.

Build a Routine

Having a strong routine makes it easier for you to cope with the normal tasks at your job, and it also makes it easier to sort out ways to be more efficient. Here are a few key aspects to building a strong work routine:

- Identify the key people you need to work with to do your job effectively and work with them one-on-one to improve your communication and teamwork.
- Keep your work conditions and environment consistent. This can include finding a quiet place to work from and performing tasks in the same general order every day.
- Recognize that your routine will become easier over time. Early days working in a new workplace or building a new routine can be draining, but it will get easier as you learn your job role and how to communicate well with your team.

Get Hearing Assistance

One final way to improve your performance at work is to get assistance in the form of hearing aids. Hearing aids make it much easier for you to do your job and to adapt to a wide array of circumstances. In the end, it's up to you to handle your hearing loss at work. However, you should do everything you can to make that burden easier on yourself.

At Audio Recovery, we work with people from all industries and professions to improve and recover their hearing ability on the job. Call us today at **(405) 949-1906** to schedule an appointment and see how we can help you hear better.