



Prevention and health guidelines for **safe driving**

Impaired hearing

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Impaired hearing can have the same results as driving without due care and attention, because you hear things late and inaccurately.

Hearing problems can be of two different types.



1. **Deafness**
(you don't hear well)



2. **Problems with balance**

Deafness

Poor hearing is a condition which, while being more common in the over-sixties, also affects people of all ages and affects one out of ten of all Italians.

Deafness can be caused by situations such as:

- Prolonged exposure to noisy environments;
- The use of medicines which can be harmful to the ears (ototoxins);
- Smoking and alcoholic drinks;
- Hereditary, infectious and degenerative ear diseases.

When should you suspect problems with your hearing?

Answer these questions.



To be able to hear the TV do you have to turn up the volume?	Yes, often	Sometimes	No
When you are talking to somebody do you have to look them in the face to be able to understand what they are saying?	Yes, often	Sometimes	No
Do you hear noises inside your ear, like tinnitus?	Yes, often	Sometimes	No

If many of your answers come under a red or amber traffic light you should get your hearing tested.

Problems with balance

Your hearing organs also have a role in controlling your balance: if you have dizzy spells when you move your head or change your position this could be due to "vertigo syndrome" and can originate with a problem in your ears, even if you detect no actual problems with hearing.