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**NOISE INDUCED HEARING LOSS OF KATHMANDU VALLEY TRAFFIC POLICE: A SELF-REPORTED OCCUPATIONAL HEALTH STUDY

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INTRODUCTION

 Environmental noise levels in major cities in Nepal are well above the recommended level in many developed countries.

Joshi SK. Noise Pollution and its Health Effect in Urban Areas of Nepal. A report submitted to Nepal Health Research Council, 2003

 Automobiles are important source of noise pollution leading to adverse health effects in the cities in Nepal.

Joshi SK, Devkota S, Chamling S, Shrestha S. Environmental noise induced hearing loss in Nepal. Noise & Health 2005;7:42

INTRODUCTION

 Traffic police are the high risk group to be affected by health hazards of noise and air pollution.

Tripathi SR, Tiwari RR. Self reported hearing quality of trafffic policemen. Ind J Occup Environ Med 2006;10:82-4

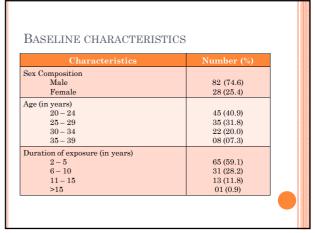
OBJECTIVES

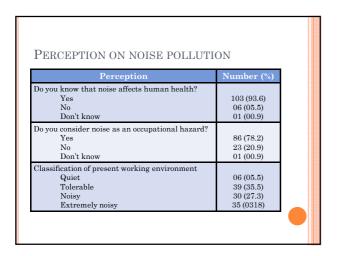
 To assess the knowledge, attitude and practises of traffic police with respect to health effects caused by noise pollution

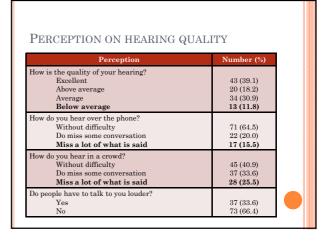
Methodology

- o Questionnaire based study
- o 110 traffic police who attended health examination camp at Kathmandu University TH
- o Non smokers
- ${\color{red} \circ}$ November 2008 to March 2009
- o Ethical clearance done
- o SPSS









| Perception | Number (%) |
|--|------------|
| Have you ever used ear plugs or ear muffs? | |
| Yes | 08 (07.3) |
| No | 102 (92.7) |
| When do you sue ear plugs or ear muffs? | |
| Always during duty period | 02 (01.8) |
| Seldom | 06 (05.5) |
| Never | 102 (92.7) |
| Reasons for not using ear plugs or ear muffs | |
| Uncomfortable | 15 (13.9) |
| Unavailable | 53 (49.1) |
| Bad fit. | 07 (06.5) |
| Dislike | 24 (22.2) |
| Causes headache | 09 (08.3) |

DISCUSSION • Young traffic police are affected • Though self assessed reduction in hearing loss was quoted by only 11.8% respondents, supplementary questions on hearing quality suggest higher number of cases • Use of PPE is limited

CONCLUSION AND RECOMMENDATIONS

- Nepal needs National Standards for environmental noise levels depending upon noise area classification
- Public awareness of the hazards of noise should be aroused
- o Control of Noise at source
 - · Need for regular maintenance of vehicles
 - Substitution of 20 years old vehicles in the cities
 - Prohibition of pressure and hydraulic horn
 - Maintenance of roads
- ${\color{blue} \bullet}$ Till then, PPEs should be provided to the traffic police and promote its uses

