**Caring for your teacher voice**

As a teacher, your voice is one of the main modes of communication.

Speaking excessively, loudly, over noise and projecting your voice across school grounds are among the many vocal challenges teachers need to manage to help prevent voice fatigue or injury.

# **Strategies to keep your voice healthy**

Warm up your voice with breathing, laryngeal relaxation, and humming exercises

Position yourself in the classroom where it’s easier for students to hear you



Turn down or limit background noise such as radios,

 televisions, speakers or other machinery

Limit caffeine and drink water regularly to stay hydrated



Use non-verbal cues to gain students’ attention by clapping, using a bell or whistle



Use voice amplifiers such as microphones or megaphones where appropriate



# **Learn more about voice health**

Talk to your principal about these strategies in your classroom. If your voice is strained, seek medical advice from your local GP or speech pathologist to support your voice health recovery.

School staff are encouraged to report all voice health hazards and incidents directly into [eduSafe Plus](https://www2.education.vic.gov.au/pal/occupational-health-safety-wellbeing-management/guidance/edusafe-plus).

For support and advice, contact the department’s OHS Advisory Service:

* phone: 1300 074 715
* email: [safety@education.vic.gov.au](mailto:safety@education.vic.gov.au)

To see the [complete](https://www2.education.vic.gov.au/pal/voice-care-teachers/procedure)  [voice care policy and](https://www2.education.vic.gov.au/pal/voice-care-teachers/procedure)  [guidelines on PAL](https://www2.education.vic.gov.au/pal/voice-care-teachers/procedure) scan the QR code

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