

How to overcome the effect of mask attenuation

Did you know sound can be reduced by up to 10-12db with the use of a face mask? ¹ Keeping all parties safe with the use of a face cover due to covid-19 is part of our daily life. Speech audibility and pitch will be impacted for both the speaker and the listener. Here are some suggestions on how to improve this.

Communication in times of masks and social distances.

In these times it is imperative to respect best practices for good communication tactics. Below a few of the most important tactics are listed:



Always face
The one you
Are talking to.



Communicate
Where there
Is good light*.



Consider an
Approved clear
Face shield to
Maximize lip/
Face cues.



Sit close to
Each other,
Within the
Required
Safety limits.



Never have a
dialogue about
Important
Matters while
Walking side
By side.



Use clear speech
Techniques**.
Do not shout or
Over-articulate¹.



Rephrase your
Questions or
Input rather
Than repeating
The same
Words.



Minimize
Environmental
Noise.



Have information
Ready in written
Form to minimize
Communication
Errors.

1. Liu S, Zeng FG. Temporal properties in clear speech perception <https://www.ncbi.nlm.nih.gov/pubmed/16875238>
*make sure light falls on your face so your face is not in a shadow. This will also facilitate eye contact.
**speak slightly more slowly and clearly and insert occasional pauses into your speech.