



## Facts About Noise-Induced Hearing Loss

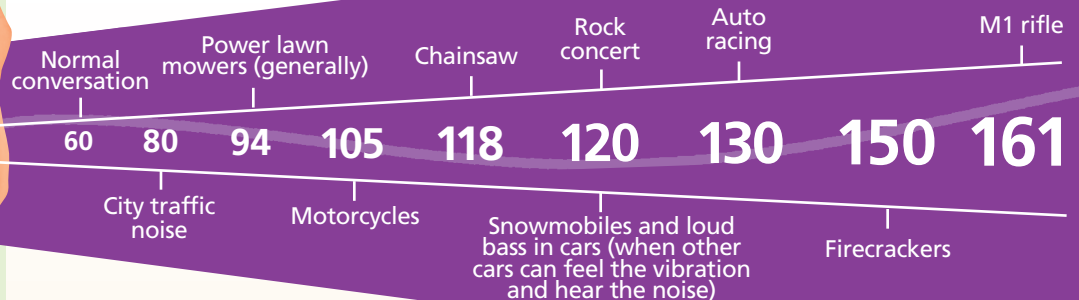
### Noise-Induced Hearing Loss is 100% Preventable.

Every day we experience sound in our environment such as the television, radio, washing machine, automobiles, buses and trucks. But when a person is exposed to harmful noise - noise that is too loud or loud noise over a long time...sensitive structures of the inner ear can be damaged causing noise-induced hearing loss (NIHL).

### Are you at risk for NIHL?

- Help your kids understand how hearing works and how it can be damaged.
- If you are standing next to a person wearing a personal radio with earphones... and you can hear the lyrics to the song...this person may be at risk for NIHL.
- If your kids are watching you cut wood with a power saw or building a bookshelf in your basement and you're not wearing protection...this can contribute to NIHL.
- If your teenager is doing lawn work for the summer, using a gasoline engine and not wearing hearing protection...it can contribute to NIHL.
- If anyone in your family uses a firearm for recreational shooting, and does not use hearing protection...it can contribute to NIHL.

Did you know how loud these common noises are?  
noise level, in decibels



**NIHL is serious.** Approximately 30 million people are at risk in the workplace, in recreational settings, and at home. In fact, it is one of the most common occupational injuries in the world. Already, 10 million American workers suffer from NIHL.\*

NIHL rarely happens overnight. Rather, it accumulates over time with every unprotected exposure to hazardous noise.

### Know which noises can cause damage and wear earplugs when you are involved in a loud activity.

- When is noise considered hazardous? Anytime you must shout at someone an arm's length away to be heard.
- No more than 15 minutes of unprotected exposure of 100 decibels is recommended.
- Prolonged unprotected exposures to noise above 85 decibels can contribute to NIHL over time!

### Prevention

- Carry earplugs with you if you are exposed to loud noises on a regular basis.
- Wear earplugs when exposed to hazardous noise.
- Insert your earplugs properly to maximize protection.
- Earplugs are very inexpensive, but protecting your hearing is priceless.

\*Source: NIOSH