WHAT IS

NOISE-INDUCED HEARING LOSS?

AND HOW CAN IT BE PREVENTED?

WHAT IS NOISE? HOW IS NOISE MEASURED?

Noise is any sound that is loud or unpleasant. Noise is measured using decibels (abbreviated as dB). Decibels tell us about the sound intensity, or power of a noise. We perceive sound intensity the loudness of a sound.

WHAT IS NOISE-INDUCED HEARING LOSS?

Noise-induced hearing loss can happen when you are exposed to loud sounds that can damage hair cells in the inner ear. This type of damage can cause permanent hearing loss that prevents sounds from going through the ear to the brain. Damage can happen from short or long periods of noise exposure and can happen to anyone at any age.

WHO CAN GET NOISE-INDUCED HEARING LOSS?

An estimated 12.5% of children and teenagers age 6-19 years (5.2 million people) and 17% of adults age 20-69 years (26 million people) have permanent damage to their hearing from exposure to noise.*

12.5%

17%

CAN I PREVENT NOISE-INDUCED HEARING LOSS?

Noise-induced hearing loss is the only type of hearing loss that is preventable.

WHAT SHOULD I THINK ABOUT WHEN I'M NEAR NOISE?

TIME
How long are you in the presence of the noise?

VOLUME
What is the decibel level of the noise?

DISTANCE
How close or far away from the noise are you?

WHAT NOISES CAN CAUSE HEARING LOSS?

Noise in the workplace:
Agriculture
Utilities
Communication
Mining
Dentistry
Music
Military

Noise from hobbies:
Firearms
Fireworks
Concerts
Sporting events
Motor sports
Fitness classes.

REGULARLY BEING AROUND NOISE CAN ALSO CAUSE:

High blood pressure
Increased heart rate
Upset stomach
Difficulty sleeping
Irritability
Tinnitus

TIPS FOR SAFE LISTENING:

Lower the volume
Walk away from the noise
Use earplugs or earmuffs
Limit use of headphones
Limit how long you are around loud sounds

*Centers for Disease Control and Prevention. 2018. Preventing noise-induced hearing loss. Retrieved from https://www.cdc.gov/ncbddd/hearingloss/noise.html

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