



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.

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?



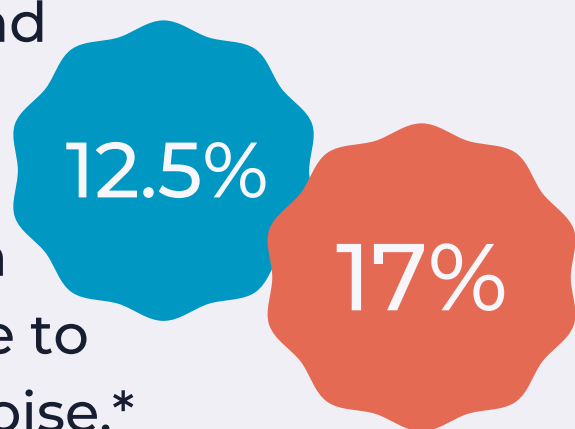
DISTANCE

How close or far away from the noise are you?



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.*



CAN I PREVENT NOISE-INDUCED HEARING LOSS?

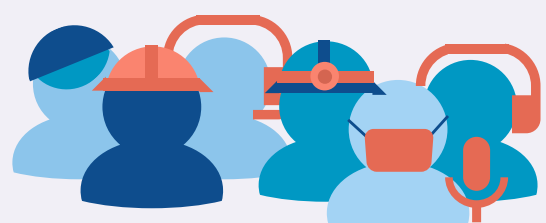
Noise-induced hearing loss is the only type of hearing loss that is preventable.



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>