

Fireworks may be once a year, but protecting your hearing health is 24/7/365

★ Approximately *26 million* Americans have hearing loss that may have been caused by exposure to noise. ★

Noise-Induced Hearing Loss (NIHL)

- Is the only type of hearing loss that is typically preventable.
- Can happen at any age and is potentially permanent.
- Has affected as many as 16% of teens (12-19).
- Is caused by damage to the inner ear's hair cells which normally convert sound into signals the brain understands.



Normal Conversation
60 dB



Power Lawn Mower
90 dB



Motorcycle
95 dB



Emergency Siren
120 dB



Firecrackers
150 dB

What is a decibel?

A decibel (dB) is a unit of sound measurement. The scale goes from the faintest sound a human ear can detect (0 dB) to the noise at a rocket pad during launch (over 180 dB).

How can noise damage my ears?

110 dB Regular exposure longer than 1 minute risks permanent hearing loss.

85 dB Prolonged exposure to any noise at or above can cause gradual hearing loss.

What are other risk factors for NIHL?

- Smoking
- Gender (Male)
- Diet
- Diabetes
- Cardiovascular Disease
- Genetic Factors

Healthy Hearing Checklist

- Know which noises can cause damage (those at or above 85 dB).
- Protect the ears of children too young to protect their own.
- If you can't reduce the noise or protect yourself, move away from it.
- Wear earplugs or other protective devices.
- Have your hearing screened if you think you might have hearing loss.
- Know that disposable earplugs are for one-time use only.