



DID YOU KNOW?

Repeated exposure to pneumatic tools, air compressors and heavy equipment can damage employee's hearing.



Proper ear protection and work place noise level testing can help reduce noise-induced hearing loss.

Noise-Induced Hearing Loss (NIHL)

- Is the only type of hearing loss that is completely preventable.
- Is caused by damage to the inner ear's hair cells which normally convert sound into signals the brain understands.
- Can happen at any age and is potentially permanent.
- In the workplace, most frequently affects those in automotive repair, manufacturing, construction, transportation and agriculture.



Normal Conversation
60 dB



Manufacturing
80-110 dB



Pneumatic Nailer
109-136 dB



Fire Engine Siren
120 dB



Jet Engine
140 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

- ✓ Educate yourself and colleagues on the importance of preventing NIHL.
- ✓ Know which noises can cause damage (those at or above 85 dB).
- ✓ Set a positive example with, and promote, effective noise control measures.
- ✓ Have an expert hearing screening on a consistent or as-needed basis.
- ✓ Wear earplugs or other protective devices and encourage coworkers to do so as well.

Better Hearing Drives Peak Performance



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