



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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DID YOU KNOW?

Repeated exposure to loud noises, while at work, home or play, can damage your hearing.



With optimal hearing ability you will be able to communicate most effectively with customers and colleagues.

Noise-Induced Hearing Loss (NIHL)

- Is the only type of hearing loss that is completely preventable.
- Limits hearing high frequency sounds and understanding speech, which can seriously impair the ability to communicate.
- 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.



Normal Conversation
60 dB



Motorcycle
95 dB



Pneumatic Nailer
109-136 dB



Fire Engine Siren
120 dB



Jet Engine
140 dB

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Save Better Hearing, Invest in Quality Care



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