

What is hearing protection?

Earplugs and earmuffs are some examples of hearing protective devices that fit in or over the ears. These devices are rated by the U.S.



Environmental Protection Agency (EPA) from 0 to 30, with a higher number indicating better protection.

All devices must be used properly to give the greatest benefit. Earplugs made to reduce noise are simple, low-cost and can be thrown away. They are made in child and adult sizes to ensure a close fit. These can be used at concerts and are not easily seen. Earmuffs made to reduce noise are used in industrial-shop settings. Musicians use custom made hearing protection for use during practices and concerts.

For information on hearing protection devices:
<http://www.aearo.com>
<http://www.etymotic.com>

Steps to protect yourself from hearing loss when using a personal listening device:

1. Limit the volume to 60 percent of maximum.
2. Try to limit listening to no more than 60 minutes a day.
3. If tinnitus (a ringing or buzzing sound in the ears) is occurring or muffled sound after listening, visit an audiologist for a hearing test.

To learn more about protecting your hearing:
<http://www.earbud.org>
<http://www.betterhearing.org>

Myths About Noise



True or False:

- 1 Hearing loss from noise is never permanent.

A: False (An one-time exposure can cause permanent hearing loss)

- 2 Noise must be extremely loud to cause a hearing loss.

A: False (Individual sensitivity to noise, the length of time exposed to noise and loudness all contribute to hearing loss)

- 3 Cotton or facial tissue in the ears provides protection against noise damage.

A: False (Protective earplugs and earmuffs manufactured for hearing protection should be used to protect against loud noise)

Questions about hearing?



Contact:

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AVOID the NOISE



how to conserve your ears



ohio department of health

What is Noise-induced Hearing Loss?

Noise is any unwanted sound, whether loud or soft. Noise-induced hearing loss can be caused by a one-time exposure or by constant exposure to loud sounds over an extended period of time. However, these loud noises or sounds may cause permanent (sensorineural) hearing loss.

Hearing loss from noise usually occurs in the high frequencies (the higher pitches) first; these frequencies are really important because they are needed to understand speech. You can't see or always feel the damage from noise, but the effects can be measured on a hearing test.

Some studies suggest children may be more sensitive than adults to noise and its effects.

Children may need greater protection from noise than adults. It has been shown that boys, particularly teenage boys, are exposed to more noise. MP3 players, firearms, lawn mowers, musical instruments and auto repair equipment can all produce noise loud enough to cause permanent hearing damage. Hearing protection should be used when noise is so loud one cannot hear what someone is saying at arm's length. One sign that noise may have damaged your hearing is tinnitus. This is a ringing or buzzing in the ears which can occur after exposure to loud sounds. This will go away within a few hours, unless long-term or repeated noise exposures have already caused a permanent hearing loss. There is no such thing as "getting used" to noise. Avoiding noise is the best thing to do to guard against noise-induced hearing loss.

— Children need greater protection from noise than adults.

Some Hazardous Sounds

Source	Intensity Level (dB)
Gunshot	140
Jet Plane	140
Car Horn	120
Rock Music	110
Headphones	105
Chain Saw	100
Wood Shop	100
Farm Machinery	90-110
Auto Shop	95
Lawn Mower	90

Mowing the lawn weekly will likely not damage hearing.

What if you mowed lawns all day?

Limits for safe exposure for intensity levels follow:

Limit duration to:	For sound level (dBA) at:
24 hours	80
16 hours	82
8 hours	85
4 hours	88
2 hours	91
1 hours	94
30 minutes	97
15 minutes	100
7.5 minutes	103
1 minute	112
28 seconds	115
7 seconds	121

