

Protect your hearing... you can never regain any hearing loss! Hearing loss not only prevents you from understanding others, it also causes physical & mental strain.

Hearing loss is a normal part of getting older. Not all hearing loss is from exposure to loud noise. You can expect to lose about one-half of your hearing by the time you reach sixty-five years of age.

Any high noise level can damage your hearing permanently. Examples of high noise sources include:

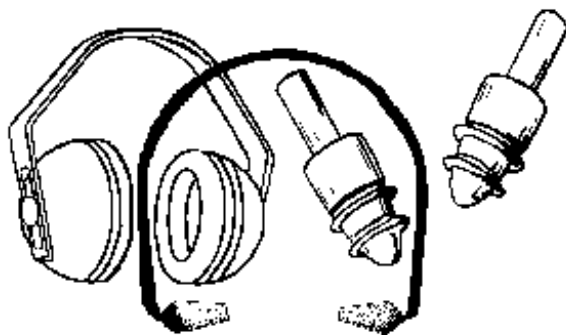
- Machinery
- Power Tools
- Firearms
- Loud Music
- Powered Lawn Equipment

The effect of high noise levels depends on

- noise level **and**
- amount of time you are exposed

2 Basic Types of Hearing Protection

- Ear Plugs - inserted into the ear cavity to dampen loud noises
- Ear Muffs - cover the entire ear. They must provide a complete seal to be effective.



Smart Safety Rules

Use hearing protection in areas greater than 85 decibels noise

Use hearing protection with power saws, impact tools, etc.

Replace worn or broken hearing protectors immediately

Keep your hearing protection clean

Inspect hearing protectors before each use

Ask your supervisor if you need replacements

If hearing protection is uncomfortable, perhaps a different style will work better for you ... ask your supervisor.

Use hearing protection off the job when shooting, using power tools, lawn equipment, etc.

To be effective, any hearing protection must be

- properly fitted
- used when needed
- free of damage
- clean