

Noise-Induced **HEARING LOSS**

Noise-induced hearing loss is a result of prolonged exposure to high levels of noise. Initially, damage is contained to the hearing for high pitched sounds (i.e. birds singing). Continued excessive exposure often results in decreased sensitivity to other types of sound, eventually impacting ones ability to understand speech.

Noise-induced hearing loss most often results in permanent damage which cannot be treated medically. However, there are various options, from hearing devices to hearing implants, that can provide different levels of assistance to ease communication difficulties.

Noise is one of the most common causes of hearing loss. The effect is often underestimated because the damage is gradual.


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How loud is
TOO LOUD?



PROTECT YOUR HEARING
Hearing Conservation Guide



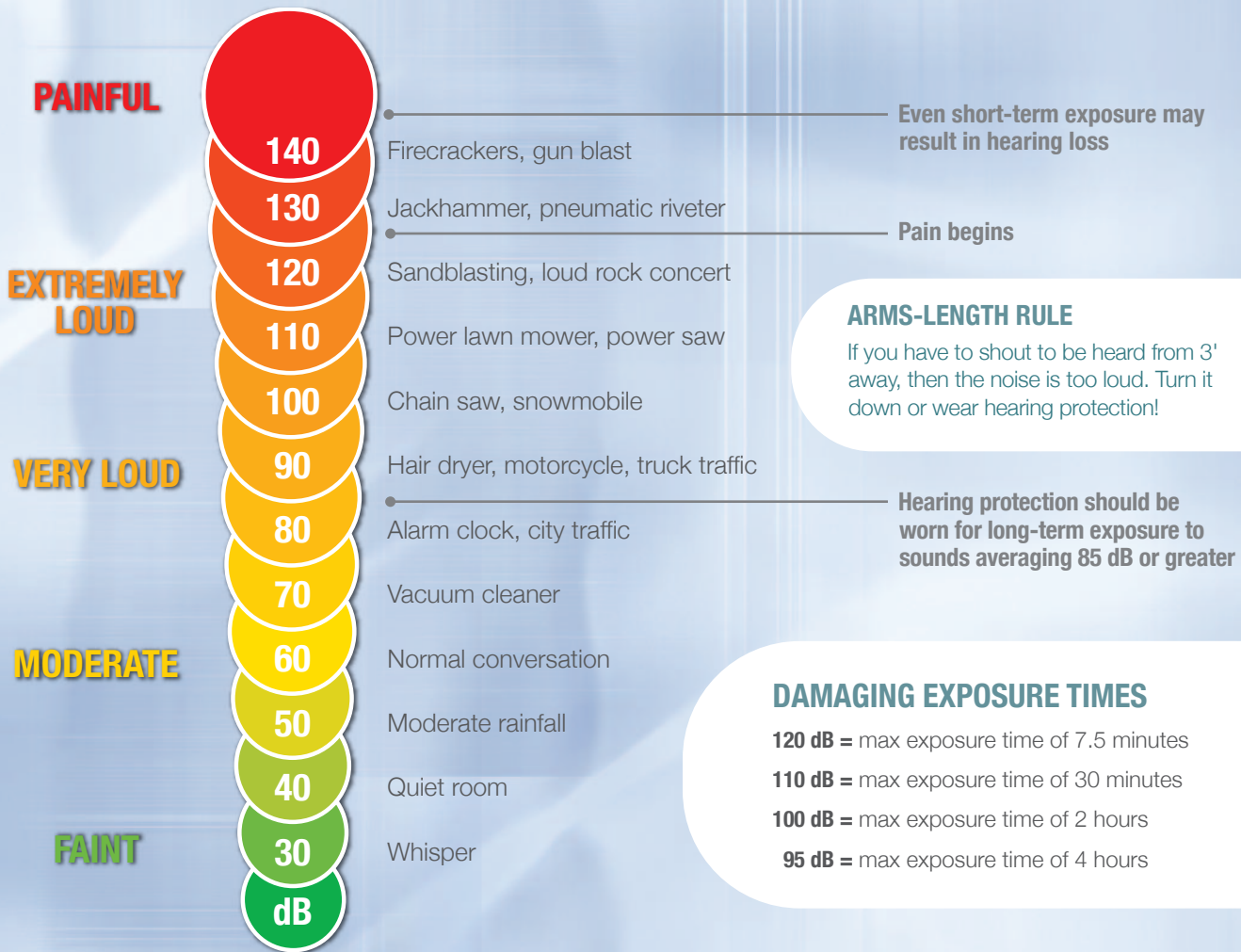
NOISE LEVELS of everyday sounds...

Signs of Noise-Induced HEARING LOSS

- Unable to hear someone that is three feet away
- Hear people speaking, but strain to understand the words
- Pain in ears after leaving noisy areas
- Ringing or buzzing in ears after exposure to noise

PREVENTION TIPS

- Wear hearing protection when exposed to hazardous levels of noise.
- Limit exposure time during noisy activities.
- At home, turn down the volume on your television, iPod and personal stereo.
- Buy quieter products for your home (compare dB ratings).
- Check with your employer regarding federal noise regulations if you are exposed to loud noise through work.



ARMS-LENGTH RULE

If you have to shout to be heard from 3' away, then the noise is too loud. Turn it down or wear hearing protection!

DAMAGING EXPOSURE TIMES

- 120 dB** = max exposure time of 7.5 minutes
- 110 dB** = max exposure time of 30 minutes
- 100 dB** = max exposure time of 2 hours
- 95 dB** = max exposure time of 4 hours

