

# WHAT CAN YOU DO TO PROTECT YOUR HEARING?

- **Wear hearing protection in noisy surroundings.**

Even brief exposures to loud sound can damage your hearing. Sound is loud enough to be damaging *IF*:

- You have to raise your voice to talk to someone who is 2 - 3 feet away
- You have to shout to be heard

- **If you ALREADY have hearing loss or ringing in your ears, further exposure to loud noise can make it worse.**

- **Wear the best hearing protection available:**

**Ear muffs** - Best for interrupted or short duration noise exposure, easy to take on and off.

**Ear plugs** - Best for longer duration noise; protect better than ear muffs if inserted properly.

**Double protection** - For heaviest noise exposures (chainsaws and firearms), use both earplugs and earmuffs.

- **Stay alert for signs of over exposure to noise:**

Feelings of "fullness", dullness, ringing or other noises in your ears or head after you have been exposed to noise - These are signs that sound was TOO LOUD and damage to the ear has occurred.

- **It's NEVER too late to protect your hearing---**

You do not want to make things worse if you can help it.

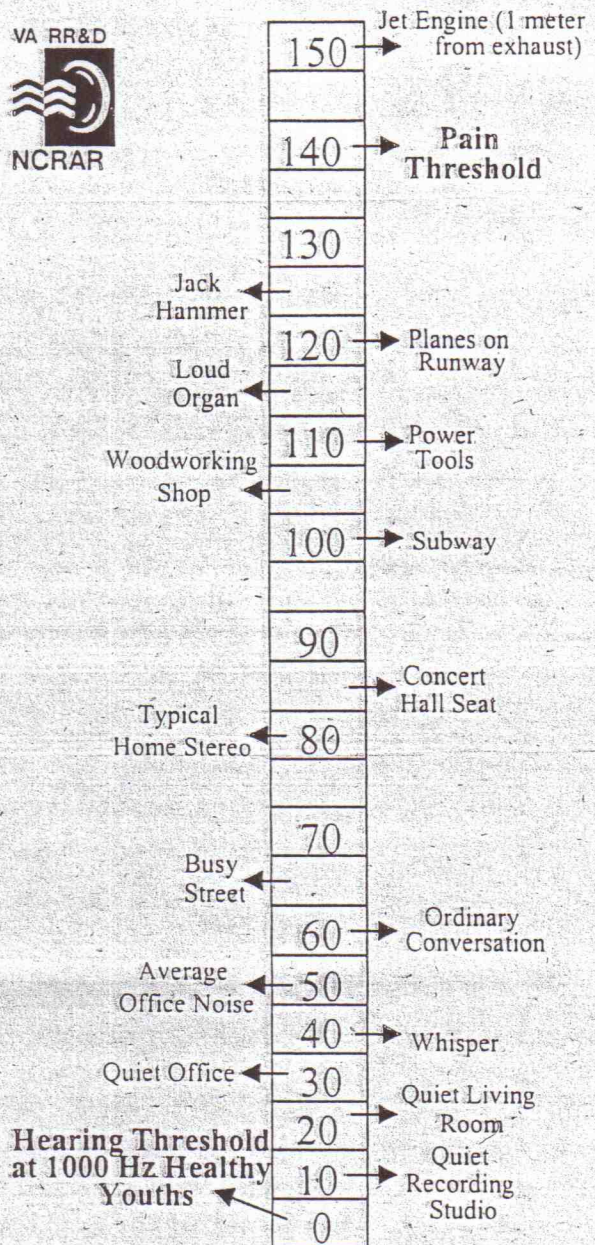
- **Remember - Once you've lost your hearing**

from over exposure to noise, you can't get it back. **PROTECTION IS UP TO YOU!**

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## Protect Your Hearing

Even if you presently have some degree of hearing loss, it is important to conserve what hearing you have. Repeated exposures to very loud noises will continue to degrade your ability to hear. Tinnitus (ringing in the ears) may also occur as a result of high noise exposure or constant, frequent exposure to sounds when they are over 90 dB sound-pressure level (SPL).



This chart shows the sound pressure level in decibels (dB) of some common sounds one may encounter in everyday environments.