

How safe are your ears?

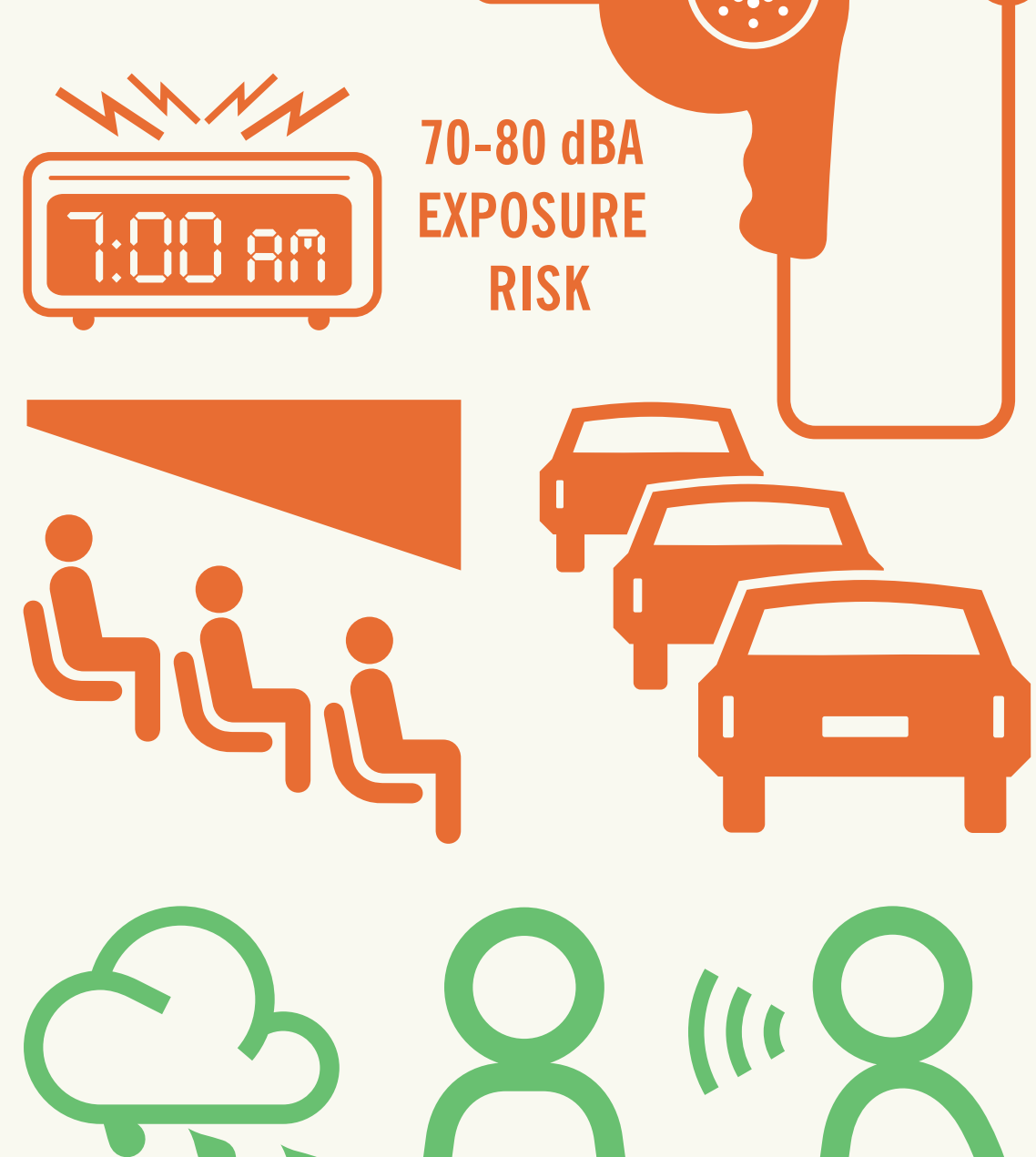
Noise-induced hearing loss is 100% preventable.

Use this guide to learn about noise-induced hearing loss and how to protect your hearing.

90-140+ dBA AVOID OR USE HEARING PROTECTION



85+ dBA USE HEARING PROTECTION



70-80 dBA
EXPOSURE
RISK



0-60 dBA
SAFE



*dBA - unit used to measure the intensity of a sound

How safe are your ears?

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36 million

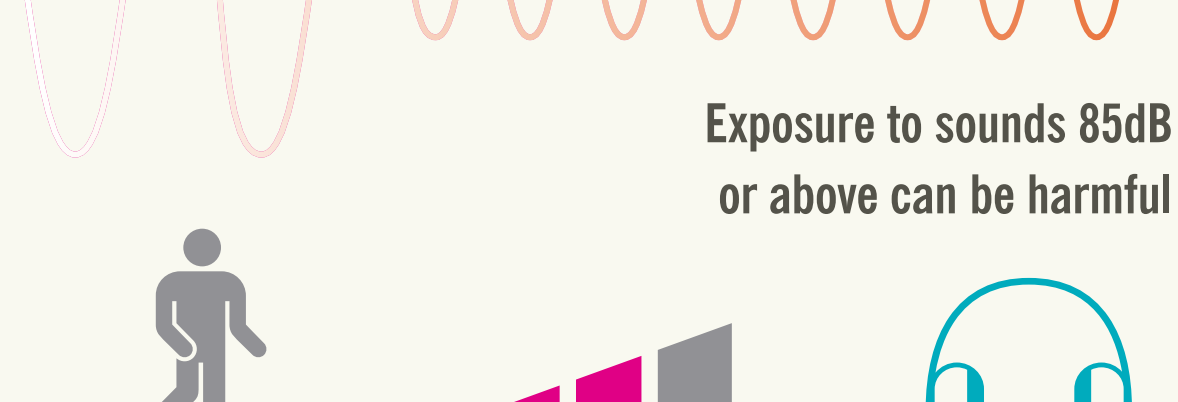
Americans have hearing loss



1 in 3

Caused by noise exposure

Any sound too loud and for too long can cause permanent hearing loss



Exposure to sounds 85dB or above can be harmful

-  Walk away from the damaging sound, if possible
-  Turn down the volume
-  Wear hearing protection

How hearing protection works:



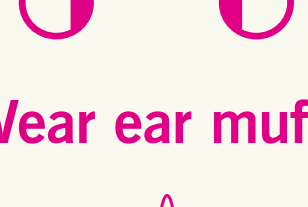
Wearing earplugs or earmuffs reduces the loudness of the sound reaching your ears.

Choose your ear gear by its Noise Reduction Rating (NRR), or how effective it is at reducing noise when worn properly.

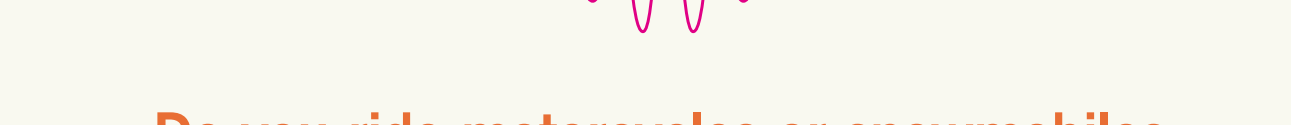
Learn how to correctly insert or wear your gear — a bad fit won't provide maximum protection.

Higher NRR = Greater noise-reduction

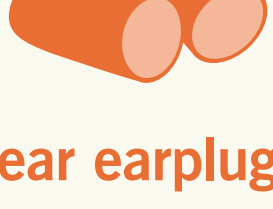
Do you shoot guns?



Wear ear muffs.



Do you ride motorcycles or snowmobiles, go to concerts or work in a noisy environment?



Wear earplugs.

Disposable or reusable ear plugs (foam, silicone) are available at many retailers.

Custom-made earplugs are perfect for those who regularly wear them and want a comfortable fit. See your audiologist.

Musicians' earplugs reduces sound levels without distorting sound quality. Great for musicians, sound crew workers and recording engineers. See your audiologist.

