



Blount Memorial
Business Health

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Worksite Solutions

Health and safety information provided by Blount Memorial Business Health

Hear Today...and Tomorrow!

(May is Better Hearing Month)

Did you know 30 million Americans have hearing loss? One in three developed their hearing loss as a result of exposure to noise. Noise is part of everyday life, but loud noise can permanently damage your hearing. Conversation becomes difficult or impossible; your family complains about the television being too loud; and you have trouble using the telephone. Noise-induced hearing loss typically occurs slowly, over a long period of time, and is painless. Hearing impairment not only affects your ability to understand speech but also has a negative impact on your social and emotional well-being.

How do you know if a noise is dangerous? As a general rule, noise may damage your hearing if:

- You have to shout over background noise to make yourself heard
- The noise makes your ears ring
- You have decreased or “muffled” hearing for several hours after exposure
- The noise is painful to your ears

To protect your hearing, wear ear protection such as earplugs or earmuffs if it is required for you to do so at work, and when you are attending a loud concert or using firearms, power tools or lawn equipment. Turn down the volume while listening to music on a stereo system or a personal music device (such as an MP3 player). If possible, walk away from the noise. Remember, hearing loss from noise exposure is preventable!

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