

October is National Audiology Awareness Month and Protect Your Hearing Month

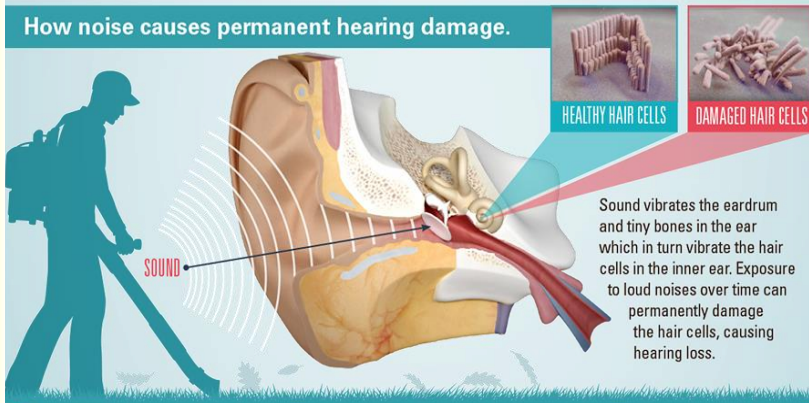
Did you know?

- Hearing loss is twice as prevalent as diabetes or cancer.
- In 2014, the National Health Interview Survey (NHIS) found an estimated 21.0% of adults aged ≥18 years had difficulty following a conversation amid background noise, 11.2% had ringing in the ears (tinnitus), and 5.9% had sensitivity to everyday sounds.
- Approximately 40 million Americans between the ages of 20-69 have hearing loss. One in three developed hearing loss as a result of exposure to loud noise.
- **Noise induced hearing loss is preventable - yet, 70% of people exposed to loud noise never or seldom wear hearing protection!**

How hearing loss occurs.



How noise causes permanent hearing damage.



Hearing trouble muffles other people's speech.

What was said:

"I asked Skip if he felt sick."



What was heard:

"I a__ i i__
_e_el_i__"

SOURCE: CDC Vital Signs, February 2017

Noise is dangerous if...

- You have to shout over background noise to talk to someone less than 3 feet away
- The noise is painful to your ears
- The noise makes your ears ring
- You have decreased or "muffled" hearing for several hours after exposure

How long is too long?

Continuous dB	Permissible Exposure Time
85 dB	8 Hours
88 dB	4 hours
91 dB	2 hours
94 dB	1 hour
97 dB	30 minutes
100 dB	15 minutes
103 dB	7.5 minutes
106 dB	3.75 minutes (< 4 min)
109 dB	1.875 minutes (< 2 min)
112 dB	.9375 min (~ 1 min)
115 dB	.46875 min (~ 30 sec)

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What YOU should do?

- **Keep the volume down** while watching TV, listening to music and/or using earbuds or headphones.
- **Move away.** If you can't lower the volume, move away from the source.
- **Use hearing protection around loud noise.**
 - **SINGLE protection** for noise 85 dB or above, i.e., ear plug or ear muffs.
 - **DOUBLE protection** for noise 104 dB or above, i.e, ear plugs and ear muffs.
- **Have your hearing tested:**
 - **ANNUALLY** if you're in your district's hearing conservation program, i.e., maintenance, groundskeeper, band instructor, wood or auto shop teacher.
 - **Play in a band or have noisy hobbies.**

SAFETY MATTERS