

Some Common Decibels

Sound		Decibels
Whispering	→	30
Conversation	→	60
Lawn Mower	→	90
Chain Saw	→	110
Ambulance	→	120
Gun Firing	→	125
Pig Squealing	→	130
Firecracker	→	150
Max Sound	→	194

www.nidcd.nih.gov/health/hearing/ruler.html

Keep in mind that as you move away from a sound, the less damaging it is to your ears.

Resources and More Information:

C.D.C. (N.I.O.S.H.) Facts Sheet

www.cdc.gov/niosh/docs/2001-103

N.I.D.C.D. How Loud is Too Loud?

www.nidcd.nih.gov/health/hearing/ruler.html

U.S.D.L (O.S.H.A.) Noise and Hearing

www.osha.gov/SLTC/noisehearingconservation

O.S.U. Noise & Hearing Conservation

www.ehs.okstate.edu/links/noise.htm

Farm Safety 4 Just Kids Noise Dangers

www.fs4jk.org

Information Brought to You By:

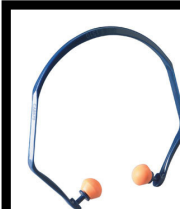


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Hearing Protection : A Sound Investment



- Harmful Noises
- How the Ear Works
- Ear Protection Gear
- Common Decibel Levels



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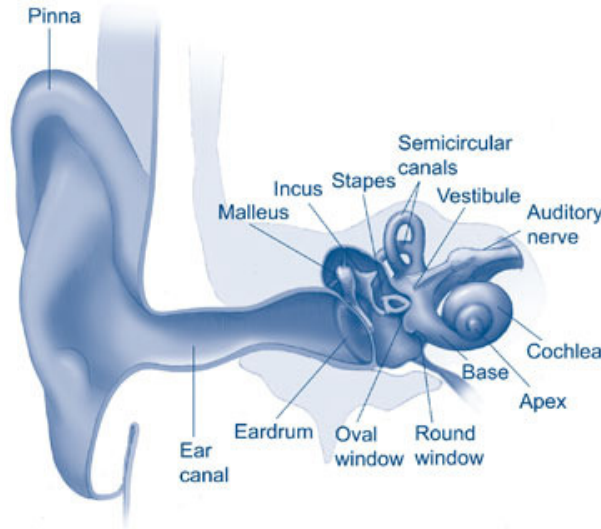
Harmful Noises

When you think of hearing loss what age group do you most commonly think about? The elderly, right? Well, that is not always the case. In many cases of hearing challenged individuals, the damage does not happen over night. Exposure to loud noises for long periods of time is the greatest cause of hearing loss.

Noises are measured in decibels. The safe decibel range for sounds are from 0-85. Sounds reaching over the 85 decibel range are considered hazardous. A pig can squeal as loud as 130 decibels. Many pieces of farm equipment are dangerous as well and many agricultural workers have some amount of hearing loss by age 17.



Noises and sounds can be evaluated by using a decibel reader.



Physical Damage to Ear

So what really happens when you experience hearing loss? Inside your ear canals there are tiny hairs. When long frequencies of high decibel sounds enter your ear canal these hair cells become damaged leaving you unable to pick up lower decibel sounds.

Some types of hearing loss are temporary. If someone experiences ringing or a high pitched noise that ends after a short time, the hair cells were only partially damaged.

The most severe type of hearing loss occurs when decibels reach 160 and the eardrum actually ruptures. This is a painful experience which causes much hearing loss.



Ear Protection Gear



Noise Canceling Earmuffs

Noise canceling earmuffs reduce sounds 20-26 decibels.



Reusable Ear Plugs

Reusable ear plugs reduce sounds 23-30 decibels.



Disposable Ear Plugs

Disposable ear plugs reduce sounds 24-33 decibels.