

## Protect Your Hearing in Noisy Places

**E** = Earplugs/Earmuffs

**A** = Avoid Loud Sounds

**R** = Reduce the Volume

**S** = Shorten the Time in Noise

### How we hear:

Inside our inner ears are thousands of tiny hair cells that send hearing signals to the brain.

### How hearing can be damaged:

Inner ear hair cells act like the blades of grass in your lawn — if you walk across them too much or stomp on them too hard, they will eventually bend, break and die out.

Listening to loud sounds too long or at high volume will damage these irreplaceable delicate hair cells.





## How Loud is Too Loud?

- Noise **over 85 decibels** is too loud. Wear hearing protection.
- If someone standing next to you can hear music from your earbud your music is too loud. Turn down the volume.
- If you can't hear the person next to you talking - the noise you are exposed to is too loud. Move away from the noise.
- If your ears ring or feel numb: turn down the volume, move away or wear hearing protection.

*Take Good Care of Your Hearing - When it's Gone it's Gone...*

### How to Wear Soft Foam Earplugs

1. Roll



**Roll** the earplug up into a small, thin "snake" with your fingers. You can use one or both hands.

2. Pull



**Pull** the top of your ear up and back with your opposite hand to straighten out your ear canal. The rolled-up earplug should slide right in.

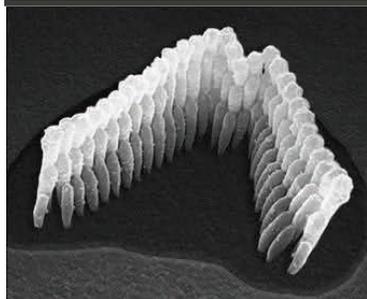
3. Hold



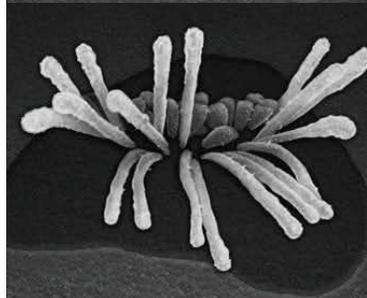
**Hold** the earplug in with your finger. Count to 20 out loud while waiting for the plug to expand and fill the ear canal. Your voice will sound muffled

Check the fit when you are done. Most of the earplug should be within the ear canal.

### Cochlear Hair Cells— Healthy and Damaged by Exposure to Loud Noise



Healthy cochlear hair cells with no damage from loud noise



Damaged cochlear hair cells with damage caused by exposure to loud noise



For more information on protecting your hearing visit the CS-CASH website: [www.unmc.edu/publichealth/cscash](http://www.unmc.edu/publichealth/cscash)