# **HEARING SAFETY:** TOO LOUD?





## PROTECT YOUR HEARING ON & OFF THE FARM

Did you know? Noise injury affects 2/3 of the farming population. There are thousands of tiny hair cells in our ears that send hearing signals to the brain. These hair cells can be damaged by long-term exposure to loud noises.

The best way to prevent hearing loss is to reduce farm noise and exposure!



- Noises over 85 decibels are too loud
- Hearing damage is irreversible
- Earplugs and earmuffs are both suitable forms of hearing protection

#### What noise levels require hearing protection devices?

- If you have to speak loudly to someone three feet away, you are working around noises that require hearing protection.
- The danger zone for hearing damage starts at about 85 decibels (dB).
- With each 3 decibel increase, the "safe time" is cut in half.

### When should you be concerned about your hearing? If you...

- Need to turn up the volume on the TV or radio.
- Have difficulty understanding consonants in words and high notes of music.
- Have difficulty hearing a person's voice when they are standing only a few feet away.
- Hear muffled sound after noise has stopped.
- Have ringing in the ears.

## Noise induced hearing loss is preventable, possibly cumulative, and <u>irreversible</u>.

#### **GET IN TOUCH**

402-552-3394 go.unmc.edu/cs-cash/cs-cash-contact go.unmc.edu/cs-cash

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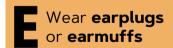




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DECIBEL LEVEL	TYPICAL FARM SOUNDS
60	Normal conversation
THE DANGER ZONE	
80	<ul> <li>Tractor idling, barn cleaner, conveyers, elevators.</li> <li>These noises can damage hearing if exposure is for more than 8 hours continuously.</li> </ul>
90	<ul> <li>Tractor at 50% load, lawn mower, compressor, combine.</li> <li>As loudness increases, the "safe" exposure time decreases; damage can occur in less than 8 hour.</li> </ul>
100	<ul> <li>Tractor at 80% load, pig squeal, power tools, chain saw.</li> <li>Even 2 hours of exposure can be dangerous.</li> </ul>
120	<ul> <li>Tractor at full load, bad muffler, old chain saw.</li> <li>The danger is immediate.</li> </ul>
140	<ul> <li>Gunshot, back-fire, dynamite blast.</li> <li>Any length of exposure time is dangerous. At this level, the noise may actually cause pain in the ear.</li> </ul>

## **FOLLOW THESE EASY RULES**









## **RESOURCES**



CDC: How to wear soft foam earplugs (Video)



NIOSH: Sound level meter app



NIH: Keeping noise down on the farm