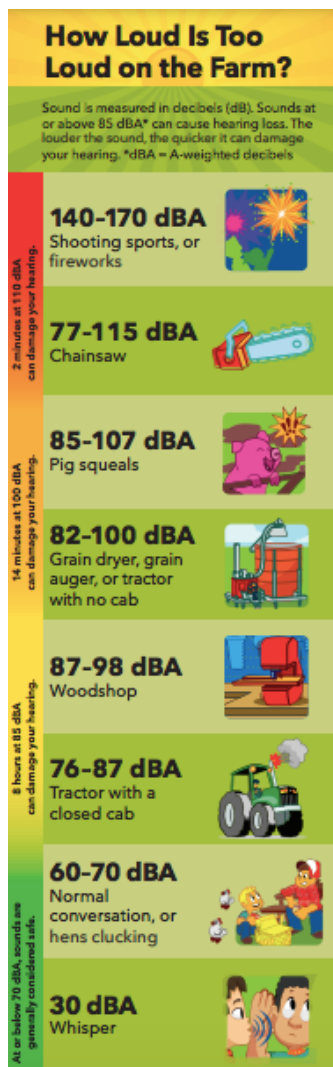


Hearing Safety: How Loud is too Loud?

Tips for Your Health and Safety



Protect Your Hearing On and Off the Farm

- 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
- Noises over **85 decibels** are too loud
- Earplugs and earmuffs can be worn to protect ears
- If someone is standing next to you and can hear your music from your earbud, **turn down the volume**
- If you can't hear the person next to you talking, **move away from the noise**
- If your ears are ringing or feel numb, **turn down the volume, move away from the noise, and wear hearing protection**

Protect Your Hearing in Noisy Places

E

Earplugs/Earmuffs

A

Avoid loud noises

R

Reduce the volume

S

Shorten the time in noise

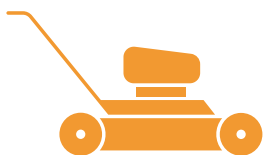
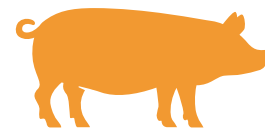
Check out the back of the flyer for more resources!



Hearing Safety: How Loud is too Loud?

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Loud Noises on the Farm



There are many noises on the farm, be sure to protect your hearing. The best way to protect your hearing is to limit time spent in loud noises and to wear ear protection!

