



Protect Your Hearing!

Did You Know?

- ◆ Noise Injury affects the hearing of up to two-thirds of the farming community. Have you been tested?
- ◆ Noise injury occurs when tiny hairs in the inner ear (cochlea) are damaged by excessive noise.
- ◆ Once destroyed these hairs are not replaced. Hearing loss is painless, progressive and permanent.
- ◆ **Hearing loss is preventable.**

Machinery or Activity	Average Noise levels dB(A) at operators ear	Time period before hearing damage (no hearing protection)	Min. protection level needed (ear muffs or ear plugs)
Firearms	140+	No Safe Exposure	26dB+
Pig Handling—suckers	109	1-2 minutes	26dB+
Chainsaws	106	3 minutes	26dB+
Irrigation Pumps (diesel)	100	15 minutes	22-25dB
Circular Saws	99	18 minutes	18-21dB
Augers	93	1 hour	14-17dB
Tractors without cabs	92	1.5 hours	14-17dB
Ride on lawn mowers	92	1.5 hours	14-17dB

Please Consider-

- ◆ Use of a radio in older machinery can expose operators to average noise levels over 85dB.
- ◆ Ear muffs or ear plugs are both suitable forms of hearing protection. But they need to be clean and seal well. It is essential that they provide enough protection for the job.
- ◆ Intense noise (discharging firearms) can cause instant damage.
- ◆ The degree of noise injury will depend on the length of time exposed to the noise. Limit exposure.
- ◆ **The best way to prevent hearing loss is to reduce farm noise and exposure.**