

wellness

HEARING

The Ears Have It

One really loud sound is all it takes to damage your ears. Your hearing can also slip away over time. The best protection is avoiding dangerous sound pressure levels.

The Occupational Safety and Health Administration offers these ranges as guidelines for potential hearing damage:

SOUND PRESSURE LEVEL

SOUND PRESSURE LEVEL	EXPOSURE TIME
90 dB SPL, subway sounds	8 hours
100 dB SPL, factory sounds	2 hours
110 dB SPL, headphones, dance places	30 minutes

Activities where the sound pressure level reaches you should wear hearing protection.

Band practice, 120 dB

Rock concert, jack-hammer, 130 dB

REVIEW ONLY

School Datebooks

DO NOT SUBMIT FOR PRINT

Are You Hearing Well?

Some signs of hearing loss:

- Turning the TV or radio up so it's too loud for others
- Having a hard time hearing in a noisy place
- Asking people to repeat what they said
- Thinking the phone's volume is too low



"We know first-hand that there are people who are listening at 110 to 120 decibels—a level equal, in terms of potential damage, to plugging the sound of a chain saw into one's ears."

— Alex Johnson

"While hearing loss is irreversible, it is also avoidable."

— Pam Mason