

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 the following guideline for potential hearing damage:

SOUND PRESSURE LEVEL

90 dB SPL, subway sounds

100 dB SPL, factory sounds

110 dB SPL, headphones, dance places

REVIEW ONLY

School Datebooks

EXPOSURE TIME

8 hours

2 hours

20 minutes

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 to raise your voice to be heard in a noisy place
- Asking people to repeat what they said
- Thinking the phone's volume is too low



Activities where the sound pressure level means you should wear hearing protection:

Band practice, 120 dB

Rock concert, jack-hammer, 130 dB

"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