

PROTECT YOUR EARS FROM HAZARDOUS NOISE



It's important to be aware of potentially harmful noise sources at work, at home, and during recreational activities.

Exposure to sounds that are too loud, too close, or experienced for too long can cause irreparable and permanent damage to your hearing. Noise is one of the most common occupational and recreational health hazards. Steady-state noise is hazardous to your hearing when it reaches 85 decibels. Exposure to this level of noise for more than eight hours can cause noise-induced hearing loss and tinnitus (ringing in the ears). Hearing damage can also occur if you are exposed to impulse noises, such as gunfire or firecrackers.

It's important to be aware of potentially harmful noise sources at work, at home, and during recreational activities. You can protect your ears from damage by using proper hearing protection devices, turning the volume down, or putting distance between yourself and the source of noise.

OCCUPATIONAL NOISE

Exposure to hazardous noise in the workplace or in a deployed environment is a widespread occupational health concern.

NON-OCCUPATIONAL NOISE

Many recreational activities, and even chores you do around the house, can expose you to hazardous noise levels.

HAZARDOUS OCCUPATIONAL NOISE CAN COME FROM:

- Jackhammers: *130 decibels*
- Jet engines: *155 decibels*
- Gunfire: *160 decibels*
- Bomb blasts: *175 decibels*

SOME COMMON ACTIVITIES AND THEIR POTENTIAL NOISE LEVELS INCLUDE:

- Motorboats: *85 - 115 decibels*
- Snow mobiles: *99 decibels*
- Motorcycles: *105 decibels*
- Personal listening devices with headphones: *105 - 120 decibels*
- Video arcades: *110 decibels*
- Movie theaters: *118 decibels*
- Health clubs and aerobic studios: *120 decibels*
- Live music concerts: *120 decibels and beyond*
- Sporting events: *117-139 decibels*
- Firecrackers at an average distance of 10 feet: *125 - 155 decibels*
- Gunshots: *160 - 170 decibels*

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HCE DEPARTMENT OF DEFENSE
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HEARING PROTECTION DEVICES

Because hearing is essential for mission readiness and effective communication both on and off duty, you should routinely wear hearing protection in noisy environments. This includes protecting your hearing from sudden loud noises, such as blasts or gunfire. Long-term environmental noise that's produced by a ship or jet engine also requires hearing protection.

Hearing protection devices, or HPDs, play a key role in protecting your ears against potentially damaging noise levels, which can result in hearing loss or tinnitus.

EAR PLUGS

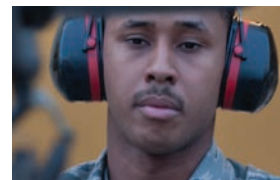
Simple foam ear plugs that reduce the amount of noise entering the ear are the most commonly available type of HPD. Level-dependent ear plugs have small filters that enable soft noises to be conveyed with full strength while removing any high frequency or impulse noise. They allow you to hear key verbal and combat sounds while reducing dangerous levels of noise, such as explosions or machine gun fire.



Ear Plugs

NOISE MUFFS

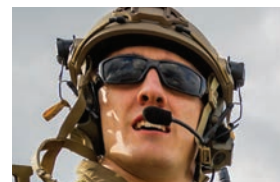
Noise muffs contain two tightly fitted ear cups that cover each of your ears entirely and block noise from entering the auditory system. They're best used for non-continuous exposure to noise, and provide noise reduction as well as durability.



Noise Muffs

NOISE ATTENUATING HELMETS

Military personnel should use noise attenuating helmets in appropriate settings. These helmets protect you from hearing loss, crash impact, and eye injuries. They can also improve communication with radio communication capabilities.



Noise Attenuating Helmets

TCAPS

Tactical communication and protective systems, or TCAPS, are devices that simultaneously protect your ears from harmful noise and enhance communication and situational awareness. These devices work with existing radio communication devices to make verbal communication more effective while still reducing exposure to hazardous noise levels.



TCAPS

Visit our Web site for more information about hazardous noise and hearing protection. Check with your audiologist or healthcare provider for the type of hearing protection device that best suits your individual needs. It's a noisy world ... Protect your hearing.



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