

HOW LOUD IS TOO LOUD?

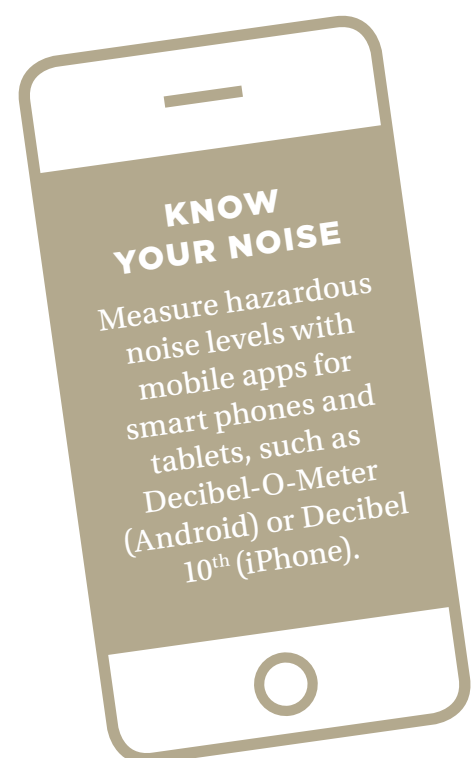
NOISE-INDUCED HEARING LOSS IS PREVENTABLE

HCE DEPARTMENT OF DEFENSE HEARING CENTER OF EXCELLENCE

@dodhce

hearing.health.mil

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Wear hearing protection, avoid hazardous noise, and turn the sound down.

Exposure to convoy engine noise over long periods of time can be as damaging as one IED.

If you must raise your voice to be understood within 3 feet, the noise is potentially hazardous.

Hearing is Mission Critical. It is your duty to prevent noise-induced hearing loss.

1.9M Veterans suffer from Service-related hearing disabilities

DOUBLE HEARING PROTECTION REQUIRED (IMPULSE)

IMMEDIATE PHYSICAL DAMAGE

SINGLE HEARING PROTECTION REQUIRED (IMPULSE)

SEVERE IRRITATION

IMPULSE NOISES

IMMEDIATE PAIN



70 dB

80 dB

85 dB

90 dB

100 dB

104 dB

110 dB

115 dB

130 dB

140 dB

150 dB

160 dB

165 dB

STEADY-STATE NOISES

VACUUM CLEANER

BLOWDRYER

HUMVEE

COCKPIT

DRILL

BLACKHAWK

CHAINSAW

JACKHAMMER

JET ENGINE

SINGLE HEARING PROTECTION REQUIRED (STEADY-STATE)
Hearing loss possible with 8 hours exposure

DOUBLE HEARING PROTECTION REQUIRED (STEADY-STATE)