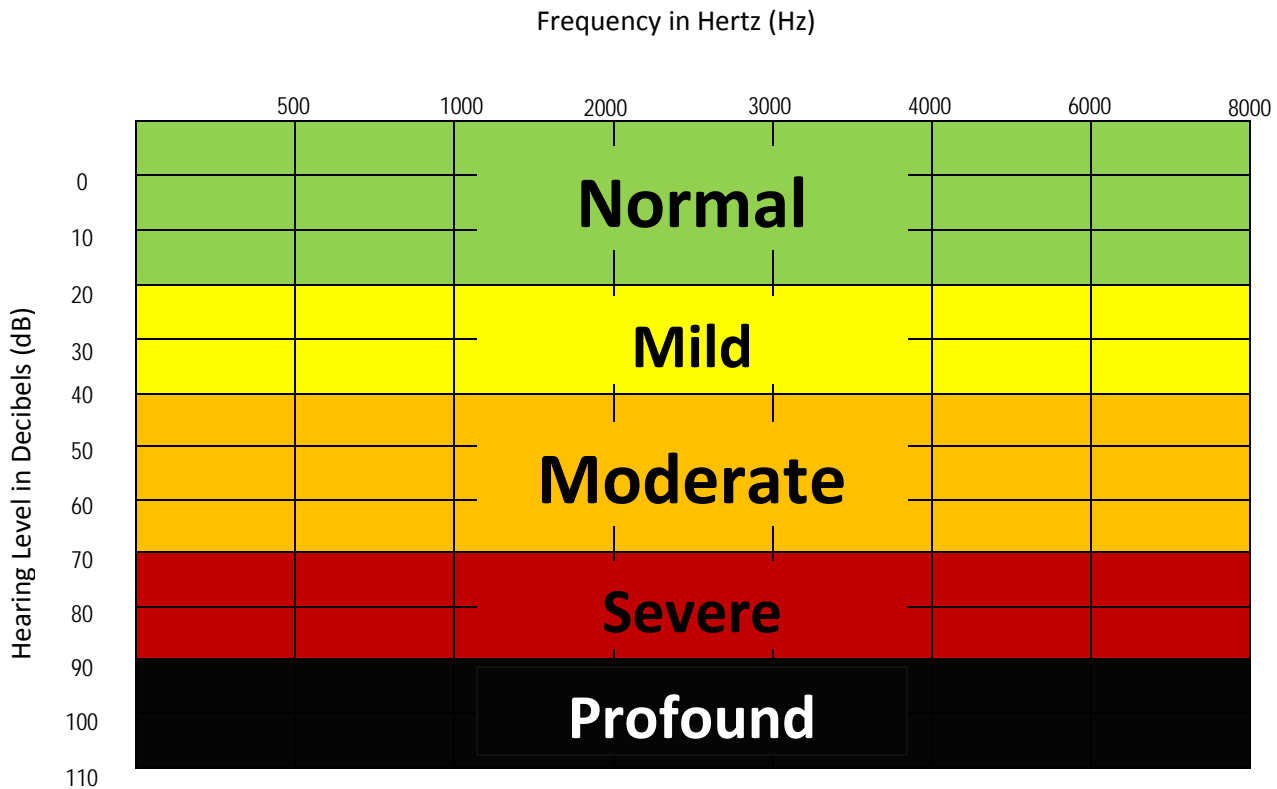




Protect Your Hearing



Hearing is one of our most important senses. Through the sense of hearing humans can communicate with each other through speech. Unfortunately exposure to loud noises can damage our hearing. Below is a graph of what an audiogram diagram looks like.



Frequencies from 500 Hz to 4,000 Hz are generally considered to be the most important for speech communication, with 500 Hz to 2,000 Hz being the most critical (where you hear others talk).

- Normal Hearing- 0-20 dB**
- Mild- 20-40 dB** Unable to hear soft sounds. Cannot hear whispered speech from a distance
- Moderate- 40-70 dB** Difficulty hearing normal conversation in a quiet room. Lip-reads to understand most words
- Severe- 70-90 dB** cannot hear unless speaker speaks loudly near the ear
- Profound- 90+ dB** cannot understand speech even if speaker shouts. Can only hear loud sounds such as a motorcycle engine

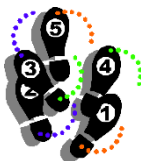
Once you have lost your hearing it doesn't "heal." Protect what hearing you have!

What Can I Do to Protect my Hearing?

Ear Plugs



Ear Muffs



To reduce hearing loss distance yourself from the source of the noise